



## Zesty Breakfast Potatoes

Mixture of sweet and red potatoes, red onion, and bell peppers seasoned with garlic and paprika, then roasted. Flavorful side dish served for breakfast or lunch.

**Recipe Project Name:** Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development  
*Virginia Department of Education*

**Preparation Time:** 30 minutes

**Cook Time:** 30 minutes

**NSLP/SBP crediting information:**

½ cup (No. 8 scoop) provides ⅛ cup red/orange vegetable, ¼ cup starchy vegetable, ⅛ cup additional vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Sweet potatoes, raw	5 lb 8 oz	1 gal 1 qt ½ cup	11 lb	2 gal 2 qt 1 cup	<ol style="list-style-type: none"> <li>1. Preheat oven to 375 °F.</li> <li>2. Wash all produce.</li> <li>3. Keeping sweet potatoes and red potatoes separate, cut into ½ inch cubes.</li> <li>4. Cut onions and peppers into ½ inch dice.</li> <li>5. In a small mixing bowl, combine all spices. Then add</li> </ol>
*Red potatoes, raw	5 lb 8 oz	1 gal 1 qt ½ cup	11 lb	2 gal 2 qt 1 cup	
*Red onion, raw	2 oz	½ cup	4 oz	1 cup	
*Red bell pepper, raw	4 oz	¼ cup	8 oz	½ cup	
*Green bell pepper, raw	4 oz	¼ cup	8 oz	½ cup	
Salt, table		1 Tbsp		2 Tbsp	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					the oil to the spice mixture and whisk until well incorporated.
Pepper, black		2 Tbsp		¼ cup	<b>6.</b> Using large mixing bowls, separate the red potatoes into one bowl and the sweet potatoes, red onion, and peppers in another.
Onion powder		2 Tbsp		¼ cup	<b>7.</b> Drizzle half the oil/spice mixture over red potatoes and the other half over the sweet potato mixture.
Paprika		2 Tbsp		¼ cup	<b>8.</b> Using gloved hands or tongs, combine the mixture until well coated.
Parsley, dried		2 Tbsp		¼ cup	<b>9.</b> Keeping the red potatoes and sweet potato mixture separate, spread each in a single layer on a parchment paper lined sheet pan(s) (18" x 16"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
Oil, olive or salad		½ cup		1 cup	<b>10.</b> Roast the red potatoes for 10 minutes. <b>11.</b> Remove from the oven and flip potatoes. <b>12.</b> Place the red potatoes back in the oven along with the sheet trays of sweet potatoes and bake for 10 minutes. <b>13.</b> After 10 minutes, remove the sweet potatoes from the oven and flip.
Turkey bacon, cooked		6 slices		12 slices	<b>14.</b> Divide the bacon evenly, adding it to all of the sheet pans of red and sweet potatoes and bake for another 10 minutes or until potatoes are fork tender. <b>Critical Control Point:</b> Heat to 135 °F or higher for at least 15 seconds. <b>15.</b> After removing red and sweet potatoes from the oven, combine in a large mixing bowl.



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p><b>Critical Control Point:</b> Hold for hot service at 135 °F or higher.</p> <p><b>16.</b> Portion ½ cup servings with No. 8 scoop.</p>



**ZESTY BREAKFAST POTATOES  
NUTRITION INFORMATION**

For ½ cup (No. 8 scoop)

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>105</b>
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<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	<1 g
Cholesterol	1 mg
<b>Sodium</b>	<b>193 mg</b>
<b>Total Carbohydrate</b>	<b>19 g</b>
Dietary Fiber	3 g
Total Sugars	3 g
Added Sugars included	N/A
<b>Protein</b>	<b>2 g</b>
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Vitamin A	N/A
Vitamin C	N/A
Vitamin D	N/A
Calcium	25 mg
Iron	1 mg
Potassium	N/A

N/A=data not available.

<b>*MARKETING GUIDE</b>		
<b>Food as Purchased for</b>	<b>50 Servings</b>	<b>100 Servings</b>
Sweet potatoes, raw	5 lb 8 oz	11 lb
Red potatoes, raw	5 lb 8 oz	11 lb
Red onion, raw	2.5 oz	4.5 oz
Red bell pepper, raw	5 oz	10 oz
Green bell pepper, raw	5 oz	10 oz

<b>NOTES</b>
<p>*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.</p> <p>Cooking Process #2: Same day service.</p>

<b>YIELD/VOLUME</b>	
<b>50 Servings</b>	<b>100 Servings</b>
About 12 lb 8 oz potato mixture	About 25 lb potato mixture
About 1 gal 2 qt 1 cup/1 steam table pan	About 3 gal 2 cup/2 steam table pans

**SOURCE:**

FY 2021 Cohort A Team Nutrition Training Grant

