

Purple Pirate Potatoes (Roasted Beets and Sweet Potatoes)



This recipe showcases locally grown fresh beets and fresh sweet potatoes with a sweet oven roasted flavor.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Montana Office of Public Instruction

Preparation Time: 40 minutes

Cook Time: 1 hour

NSLP/SBP crediting information:

½ cup (4 fl oz spoodle or #8 scoop) provides ¼ cup red/orange vegetable and ¼ cup other vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Beets, fresh, peeled and chopped (about 1" size cubes). Can use red or golden beets. Red beets create a more purple color.	6 lb	1 gal 1 ¾ cups	12 lb	2 gal 2 ¾ cups	<ol style="list-style-type: none"> 1. Preheat convection oven to 375 °F 2. Scrub beets and sweet potatoes well under running water. Peeling may not be necessary for either vegetable; especially if the beets are smaller in size and recently harvested. 3. Chop the beets and sweet potatoes; dice the onion.
*Sweet potatoes, fresh, peeled and chopped (about 1" size cubes)	8 lb	1 gal 3 ½ cups	16 lb	2 gal 1 qt 3 cups	
*Onion, sweet, fresh, diced small	1 lb	3 cups	2 lb	6 cups	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Olive oil (divided amongst recipe steps)		¼ cup 2 Tbsp		¾ cup	<p>4. In a large bowl, toss the beets with ⅓ of the olive oil.</p> <p>5. In a separate bowl, mix the sweet potatoes and onions. Pour the remaining oil over the items, ensuring they are covered with olive oil.</p>
Salt		2 ½ tsp		1 Tbsp 1 tsp	<p>6. Mix salt, pepper, brown sugar, and cinnamon together. Evenly coat the two bowls of vegetables with spice mixture.</p>
Pepper, black		1 Tbsp		2 Tbsp	<p>7. Pour vegetables out onto their own parchment paper lined hotel pans (beets in one pan; sweet potatoes and onions in a separate pan). Spread the vegetables out into an even layer.</p>
Brown sugar	2.5 oz	½ cup	5 oz	1 cup	<p>8. Bake, stirring every 20 minutes. Conventional oven 400 °F for 60 minutes. Convection oven 375 °F for 45-60 minutes.</p> <p>The beets may take up to 60 minutes to soften fully, while the sweet potatoes will take less time (45 minutes).</p> <p>Check the beets often as the roasted beets tend to overcook (dry out and shrink) very quickly.</p>
Cinnamon	0.5 oz	2 Tbsp	1 oz	4 Tbsp	<p>9. Mix the beets and sweet potatoes/onions together to serve.</p> <p>The texture is the best right out of the oven. Strive to serve right away (avoid prolonged hot holding) by batch cooking.</p> <p>10. Critical Control Point: Hot hold, if needed at 135 °F.</p>



NUTRITION INFORMATION

For ½ cup (4 fl oz spoodle or #8 scoop)

NUTRIENTS	AMOUNT
Calories	94
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Total Fat	1.7 g
Saturated Fat	0.25 g
Cholesterol	0 mg
Sodium	180 mg
Total Carbohydrate	19 g
Dietary Fiber	3 g
Total Sugars	7.5 g
Added Sugars included	N/A
Protein	1.6 g
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Vitamin A	N/A
Vitamin C	N/A
Vitamin D	0 IU
Calcium	31 mg
Iron	1 mg
Potassium	341 mg

N/A=data not available.

MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Beets, fresh	7 lb 13 oz	15 lb 10 oz
Sweet potatoes, fresh	10 lb	20 lb
Onions, mature, fresh	1 lb 2 oz	2 lb 4 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

Alternate spice/flavor options:

Other options for a more savory (less sweet) flavor include:

1. For 50 servings, add 2 Tbsp dried thyme to current recipe, decrease brown sugar by ½ the amount listed and add 3 ½ Tbsp of garlic powder.
2. Spanish spice blend for 50 servings, mix together ¼ cup ground cumin, 2 Tbsp smoked paprika, 2 Tbsp dried thyme, 1 ½ tsp cayenne pepper to go with salt and sugar. Omit the cinnamon, garlic powder and black pepper if using the Spanish spice blend.

YIELD/VOLUME

50 Servings	100 Servings
About 1 gal 2 qt 1 cup	About 3 gal 2 cups

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

