



Sweet Potato Delight

Creamy sweet potatoes topped with streusel make a delightful dish that's packed with nutrition and taste.

Recipe Project Name: Fiscal Year 2021 Cohort B Team Nutrition Training Grant for School Meal Recipe Development
Louisiana Department of Education, Calcasieu Parish Schools

Preparation Time: 1 hour

Cook Time: 1 hour

NSLP/SBP crediting information:

½ cup (No. 8 scoop) provides ½ cup red/orange vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Eggs, liquid, frozen	8 oz	1 cup	1 lb	2 cups	<ol style="list-style-type: none"> 1. Thaw liquid eggs in the refrigerator. Critical Control Point: Thaw in refrigerator at 41 °F or below. 2. Preheat convection oven to 350 °F. 3. Line full-size sheet pan(s) with pan liners or foil. 4. Lightly scrub sweet potatoes under running water, drain, and place on lined pan. 5. Bake for 30 to 45 minutes until tender. <p>Critical Control Point: Heat to 135 °F or higher.</p>
Sweet potatoes, raw, unpeeled, as purchased	18 lb 5 oz		36 lb 10 oz		
Margarine, no salt added, divided	11 oz	¾ cup 3 Tbsp	22 oz	1 ¾ cups 2 Tbsp	
Sugar, brown, packed	8 oz	1 ¼ cups	1 lb	2 ½ cups	
Flour, whole wheat	2 ½ oz	½ cup	5 oz	1 cup	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Cinnamon, ground		2 ½ tsp		1 Tbsp 2 tsp	<p>6. Cut margarine (2 oz) into cubes and keep refrigerated until ready to use.</p> <p>Critical Control Point: Hold cold at 41 °F or below.</p> <p>7. Prepare casserole topping while sweet potatoes are baking. Using a large mixing bowl, mixer with flat paddle, or food processor, combine the brown sugar, flour, and cinnamon.</p>
Sugar, granulated	12 oz	1 ¼ cups	1 lb 8 oz	2 ½ cups	<p>8. Add cubes of margarine and cut into dry ingredients until pieces are small pea-sized crumbles. Hold refrigerated until ready to use.</p> <p>Critical Control Point: Hold cold at 41 °F or below.</p>
Vanilla extract		2 ½ tsp		1 Tbsp 2 tsp	<p>9. Cut potatoes in half. Place on full-size sheet pans. Cool potatoes in the refrigerator until they are easy to handle (15-25 minutes). Peel the skin away from the potatoes, reserving the flesh.</p> <p>Critical Control Point: Chill for later use. Cool to 70 °F within 2 hours and to 41 °F or below within 4 hours. Hold cold at 41 °F or below.</p> <p>10. Place peeled sweet potatoes, sugar, margarine, and vanilla in a mixer with flat paddle. Beat on medium until smooth. Add eggs and beat on low for one additional minute to combine.</p> <p>11. Spray 4-inch-deep full-size steamtable pans (20 ¾" x 12 ¾" x 4") with pan release.</p> <p>For 50 servings, use one pan. For 100 servings, use two pans.</p> <p>12. Transfer 1 ½ gallons (11 lb 14 oz) sweet potato filling</p>



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p>to each prepared pan. Top each pan with 2 ½ cups (11 oz) of topping.</p> <p>13. Bake uncovered for 20-25 minutes.</p> <p>Critical Control Point: Heat to 135 °F or higher. Hold for hot service at 135 °F or higher.</p> <p>14. Serve ½ cup using a No. 8 scoop.</p>



**SWEET POTATO DELIGHT
NUTRITION INFORMATION**

For ½ cup (No. 8 scoop)

NUTRIENTS	AMOUNT
Calories	246
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Total Fat	5.74 g
Saturated Fat	1.13 g
Cholesterol	18 mg
Sodium	70 mg
Total Carbohydrate	45.9 g
Dietary Fiber	5.68 g
Total Sugars	21 g
Added Sugars included	N/A
Protein	4.03 g
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Vitamin A	9652 mcg RAE
Vitamin C	32.5 mg
Vitamin D	N/A
Calcium	72 mg
Iron	1.3 mg
Potassium	N/A

N/A=data not available.

NOTES

The food safety temperatures are based on the FDA Food Code. Some information included in this guide may be different in your state. Always check with your local regulatory authority (health department) or sponsoring organization (sponsor) for guidance on current food safety requirements in your operation.

Cooking Process #2: Same Day Service

YIELD/VOLUME

50 Servings	100 Servings
About 12 lb 9 oz About 1 gal 2 qt 1 cup	About 25 lb 2 oz About 3 gal 1 qt

SOURCE:

FY 2021 Cohort B Team Nutrition Training Grant

