



Sweet Potatoes with Cran-Pineapple Chutney

Pineapple cranberry chutney is a delicious addition to a holiday school menu and can be a great alternative to traditional cranberry sauce. It is the perfect condiment for sweet potatoes with its unique sweet and sour flavor.

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

Preparation Time: 1 hour

Cook Time: 1 hour

NSLP/SBP crediting information:

½ cup sweet potatoes (No. 8 scoop or 4 oz spoodle) and ¼ cup chutney (No. 16 scoop) provides ½ cup red/orange vegetable, ¼ cup fruit.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Sweet potatoes, raw, unpeeled, as purchased	13 lb 4 oz		26 lb 8 oz		<ol style="list-style-type: none"> 1. Preheat convection oven to 350 °F. Spray full-size sheet pans with pan release. 2. Wash potatoes thoroughly, scrubbing with a brush. Cut sweet potatoes into ½ inch thick rounds and place on prepared sheet trays. Do not overload pans. 3. Bake potatoes until tender, approximately 35-40 minutes depending on equipment. <p>Critical Control Point: Heat to 135 °F or higher.</p>
Pineapple, tidbits, canned	8 lb 5 oz	About 1 ¼ No. 10 cans	16 lb 10 oz	About 2 ½ No.10 cans	
Cranberries, dried	1 lb 8 oz	1 qt 2 Tbsp	3 lb	2 qt ¼ cup	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Sugar, brown, light	4 oz	2/3 cup	8 oz	1 1/3 cups	<p>4. While potatoes bake, prepare the chutney. In a tilt skillet, kettle, or large stock pot, add pineapple tidbits (do not drain), dried cranberries (about 2 qt), brown sugar, and cinnamon.</p> <p>5. Cook over medium low heat, stirring frequently, until cranberries are soft and jam like, and pineapple juice has reduced to a glaze, approximately 1 hour. The mixture will resemble a thick jam. Do not burn the chutney. Chutney may be prepared in advance, refrigerated, and reheated on day of service, if desired.</p> <p>Critical Control Point: Heat to 135 °F or higher. Hold for hot service at 135 °F or higher.</p> <p>6. To serve, portion 1/2 cup sweet potato slices using a No. 8 scoop or 4 oz spoodle and top with 1/4 cup warm chutney using a No. 16 scoop.</p>
Cinnamon, ground		2 tsp		1 Tbsp 1 tsp	

**SWEET POTATOES WITH PINEAPPLE CHUTNEY
NUTRITION INFORMATION**

For ½ cup sweet potatoes (No. 8 scoop or 4 oz spoodle) and ¼ cup pineapple chutney (No. 16 scoop)

NUTRIENTS **AMOUNT**
Calories **196**

Total Fat	.33 g
Saturated Fat	.07 g
Cholesterol	0 mg
Sodium	303 mg
Total Carbohydrate	48 g
Dietary Fiber	5.32 g
Total Sugars	19.4 g
Added Sugars included	N/A
Protein	2.45 g

Vitamin A	6939 mcg RAE
Vitamin C	32.5 mg
Vitamin D	N/A
Calcium	49.83 mg
Iron	1.13 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 3 qt ½ cup	About 1 gal 2 qt ½ cup
About 7 lb	About 14 lb

SOURCE:

FY 2021 Cohort B Team Nutrition Training Grant

