

Cinnamon Sweet Potato Fries

Recipe HACCP Process: #2 Same Day Service

Serving Size: 0.50 cup

Yield: 50

Source: Oklahoma Farm to School Cooking

Ingredients:

Ingredient Name	Measurements
Sweet Potatoes, fresh, whole	6 lb + 9 oz
Oil, Pam cooking spray, original	5 spray, about 1/3 second
Cinnamon, ground	½ cup

**Note: Choose USDA foods whenever available to save on cost. Note yield, crediting, and nutritionals may change if substituted.*

Instructions:

1. Place whole sweet potatoes in steam tale pan and steam approximately 4 minutes. Cool, then peel. Slice lengthwise into ¼-inch strips.
2. Place sweet potato strips in a single layer on 18x26x1- inch baking trays lightly sprayed with nonstick spray. Spray tops of potatoes and bake in preheated 425° F oven for about 20 minutes.

Nutritional Analysis:

Nutrients	Nutrients Per Serving
Calories	57 kcal
Total Fat	0.12 g
Saturated fat	0.04 g

Nutrients	Nutrients Per Serving
Trans Fat	0.00 g
Cholesterol	0.00 mg
Sodium	21.58 mg
Total Carbohydrate	13.35 g
Dietary Fiber	2.57 g
Total Sugars	0.03 g
Protein	1.24 g

Meal Component Information:

Meal Components	Amount
Vegetable	0.50 cup

**Note: For schools with access to Mosaic, these recipes are also available to import from the Community recipe section by searching the recipe name or using the search term of "John C. Stalker" as the district.*