

# Cinnamon Sweet Potato Sticks

Component: Vegetable

Side Dish

Recipe #KSU Developed

	50 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Sweet potatoes, fresh, whole	13 lbs 12 oz				<ol style="list-style-type: none"> <li>1. Peel and rinse the potatoes under cold running water.</li> <li>2. Cut the potatoes into sticks approximately ½ x 3 inch sticks.</li> <li>3. Place the potato strips into a large mixing bowl and add canola oil. Toss until the potato sticks are evenly coated with oil.</li> <li>4. In a small bowl, mix together sugar, cinnamon, and salt.</li> <li>5. Place potatoes into a baking dish. Evenly sprinkle cinnamon mixture over the potatoes. Roast in oven at 350°F. Roast for 34-40 minutes or until potato sticks are tender and lightly browned.</li> <li>6. CCP: Hold at 135° F or warmer.</li> </ol>
Canola oil		½ cup			
Sugar		4 Tbsp			
Cinnamon		3 Tbsp			
Salt		1 tsp			

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## Notes:

Nutrient information from Food Processor.

**Serving:** ½ cup provides ½ cooked, sliced vegetable

1-2 years: varies see menu notes

3-5 years: varies see menu notes

6-18 years: varies see menu notes

## Nutrients Per Serving

<b>Calories</b>	112.86	<b>Saturated Fat</b>	0.19 g	<b>Iron</b>	0.52 mg
<b>Protein</b>	1.52 g	<b>Cholesterol</b>	0 mg	<b>Calcium</b>	35.53 mg
<b>Carbohydrate</b>	21.98 g	<b>Vitamin A</b>	918.35 RAE mcg	<b>Sodium</b>	53.61 mg
<b>Total Fat</b>	2.35 g	<b>Vitamin C</b>	8.03 mg	<b>Dietary Fiber (2016)</b>	1.83 g