



GROUP RECIPE PRO - USAF - 2

Roasted Sweet Potatoes

Categories: Dinner, Lunch, Pure Food Bar

Yield: 10 lb Prep Time: 45 minutes Portion Size: 1/2 cup Portions: 25

Step 1

10 lb • Sweet potatoes • large diced 3/4"

Preheat oven to 400°F.

Wash and scrub potatoes, then remove any eyes or blemishes. Cut and place sweet potatoes on a nonstick vegetable oil sprayed sheet pan.

(Recommended to use vegetable machine with 3/4 Dice Blade)

Step 2

1 qt • Roasted Vegetable marinate • See recipe

Ladle dressing over potatoes and toss to coat, but not saturated. Add salt and pepper as needed. Add in fresh herbs if desired.

Kosher Salt to taste

Ground black pepper to taste

Place in oven and cook at 400°F until tender and golden brown. Cool and reserve for Pure Food Bar.

Fresh herbs to taste • optional

Nutritional Analysis

Calories	260		
Protein	2g	8	3%
Carbs	26g	104	40%
Fat	17g	153	59%
Cholesterol			
Sodium	50mg		

Information is on a per portion basis.

Notes

Saturated Fat: 2g

Fiber: 4g

Sugar: 8g

G4G Code: Green

Sodium Code: Low



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Roasted Vegetable Marinate

Categories: Vegetables

Portion Size: Portions:
1 tbsp 500

Step 1

- 1 gal • Olive oil- California
- 1 gal • Vegetable stock • low sodium
- 1/2 cup • Granulated garlic

Mix all ingredients together and store in a container with lid in refrigerator for later use.

1 week shelf life.

Nutritional Analysis

Calories	59		
Protein	0g	0	0%
Carbs	0g	0	0%
Fat	7g	63	107%
Cholesterol			
Sodium	5mg		

Information is on a per portion basis.

Notes

Saturated Fat: 1g

Fiber: 0g

Sugar: 0g

G4G Code: Yellow

Sodium Code: Low

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