

Category:Sesame Roasted Sweet Potatoes

Q-322-00

Vegetables

G4G Color Code

green

Sodium Code

moderate

Yield

100 Portions

Each Portion

4 oz (about 8-10 wedges)

Pan Size and Number

18 x 26-Inch Sheet Pans (9)



Ingredients

Item	Measure	Weight	Approx issue
POTATOES, SWEET, WEDGES, ½-INCH	10 gal	38 lb	38 lb
OIL, CANOLA	3 cup	1 lb 7 oz	
SALT	6 tbsp + 1 tsp	4 oz	
PEPPER, BLACK, GROUND	3 tbsp	0.73 oz	
COOKING SPRAY, NONSTICK	undefined	2 oz	
SOY SAUCE, LITE	1 cup + 2 tbsp	11-½ oz	
OIL, SESAME	¾ cup	5-¾ oz	
SESAME SEEDS	1 cup + 2 tbsp	5 oz	

Directions

1. In accordance with Armed Forces food safety protocol, reference the Produce Guideline Card for specific wash, sanitize, rinse and handling instructions for each fruit/vegetable in the recipe; this is critically important to ensure the safety of this food.
2. In a large mixing bowl, combine potatoes with canola oil, salt and pepper. Toss to evenly distribute spices.
3. Spray each sheet pan with nonstick cooking spray.
4. Distribute approximately 1 gal + 2 cups (4 lb 4 oz) potatoes to each pan.
5. Using an oven on convection mode, roast at 425°F (218°C) for 12 to 15 minutes or until slightly browned and tender. CCP: Internal temperature must reach 135°F (57°C) for 15 seconds.
6. Remove potatoes from oven and toss gently with soy sauce, sesame oil and sesame seeds.
7. Serve immediately, or CP: Hold hot at 135°F (57°C).

Temperature

425°F (218°C)

Time

12 to 15 min.

Recipe Notes

1. This recipe was developed using a Rationale Combi Oven set to convection mode. If using other models of combi oven or a convection oven, times may vary (using an older convection oven may require extra cook time to achieve the desired final product).
2. Serving suggestions: Pair with Beef Stir Fry, Recipe No. L-810-00; Chicken Stir Fry, Recipe No. L-810-04, or Teriyaki Glazed Salmon, Recipe No. L-319-00.
3. * Sugars represent the total grams of sugar in the recipe, naturally occurring and added sugar combined.

Nutrition Facts

Calories	189
Carbohydrates	26 g
Sugars*	5 g
Protein	3 g
Fat	9 g
Saturated Fat	0.8 g
Sodium	627 mg
Calcium	53 mg
Fiber	4.0 g