

# PUREED SWEET POTATOES WITH PINEAPPLE

Serving: 1/4 cup

## Vegetable

A perfect accompaniment to a Thanksgiving style meal, which is how it was served at Westfield High, where Lisa Armstrong tested it. The recipe dish is adapted from a SchoolFood recipe in NYC, where it is served to thousands of schoolchildren.

INGREDIENTS	50 SERVINGS	100 SERVINGS	DIRECTIONS
*Sweet potatoes, peeled and cut in half or cubed	6 lbs 6 ounces	12 lbs 12 ounces	<ol style="list-style-type: none"> <li>1. Steam sweet potatoes, until soft. Timing will depend on power of equipment and size of squash, about 10-30 minutes. Drain well.</li> <li>2. Add warm sweet potatoes to a mixer with the pineapple, butter, brown sugar, ginger and salt.</li> <li>3. Mix until well blended.</li> <li>4. Transfer into hotel pans and heat to 145°F.                       Convection oven: 325°F about 30 minutes                      Conventional oven: 375°F about 40 minutes                       CCP: Heat and hold at 140°F or higher.</li> </ol>
Pineapple, canned, crushed	8 oz About 1-1/2 cups	1 lb About 3/4 cup	
Butter	2 Tbsp	1/4 cup	
Sugar, brown	1-1/2 Tbsp	3 Tbsp	
Ginger, ground	3/4 tsp	1-1/2 tsp	
Salt	1/4 tsp	1/2 tsp	

\* MA farm products needed for recipe. For ordering, see page 19.

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### Preparation Tips:

- **Texture:** If you want a smooth dish, puree the pineapple in the food processor before adding.
- **Sweet Potatoes** can sometimes be purchased peeled whole or cubed. If whole, steamed longer, until soft.

NUTRITIONAL ANALYSIS PER SERVING			
Calories	70	Vitamin A (IU)	11583
Cholesterol (Mg)	1	Vitamin C (Mg)	13.73
Sodium (Mg)	22	Protein (G)	1.19
Fiber (G)	1.51	Carbohydrate (G)	14.43
Iron (Mg)	0.34	Total Fat (G)	0.47
Calcium (Mg)	19.18	Saturated Fat (G)	0.29