

Roasted Sweet Potatoes with Brussels Sprouts

Q-345-00
Vegetables

Color Code: Green
Sodium: Moderate

Yield: 100 Portions

Each Portion: $\frac{3}{4}$ cup (3- $\frac{7}{8}$ oz)

Pan Size and Number: 18 x 26-Inch Sheet Pans (7)

Temperature: 425°F
(218°C)

Time: 11 - 14 min.

INGREDIENTS

Item	Measure	Weight	Approx issue
SWEET POTATOES, DICED 1-INCH	3 gal + 3 qt	15 lb 10 oz	15 lb 10 oz
BRUSSELS SPROUTS, TRIMMED, HALVED	3 gal	9 lb 12 oz	12 lb 3 oz
OIL, CANOLA	2 cup + 2 tbsp	1 lb	
SALT	$\frac{1}{4}$ cup	2- $\frac{1}{2}$ oz	
PEPPER, BLACK, GROUND	1 tbsp + $\frac{1}{2}$ tsp	0.11 oz	

DIRECTIONS

1. Prepare all fruits and vegetables in accordance with guideline card A-G-31. Dice sweet potatoes to 1-inch dice; cut Brussels sprouts in half.
2. Preheat oven to 425°F (218°C).
3. Combine sweet potatoes, Brussels sprouts, oil, salt and pepper; toss together well.
4. Spray each sheet pan with cooking spray.
5. Place approximately 1 gal vegetable mixture on each sheet pan and arrange in a single layer. Do not crowd the pans.
6. In an oven on convection mode, roast at 425°F (218°C) on high fan for 11 to 14 minutes, or until tender. CCP: Internal temperature must reach 135°F (57°C).
7. Serve immediately or CP: Hold for hot service at 135°F (57°F).

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 you may need to add a couple to few minutes to the cook time to achieve the desired end state for the recipe).
2. * Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar combined.

NUTRITION FACTS

Calories	116
Carbohydrates	16 g
Sugars*	5 g
Protein	2 g

Fat	5 g
Saturated Fat	0.4 g
Sodium	304 mg
Calcium	37 mg
Fiber	3.0 g



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