



# JERSEY TASTES!

## RECIPES

### SWEET POTATO SOUFFLÉ

#### INGREDIENTS:

##### FAMILY-SIZE

**SERVES: 6-8**

**PORTION SIZE: 1/2 - 3/4 CUP**

- Cooking Spray
- 2.25 lbs. Sweet Potatoes, fresh OR  
2 each 15 oz. cans mashed\*\*
- 2 each Eggs, large OR  
1/2 cup Liquid Whole Eggs
- 1 oz. or 2 tablespoons Butter or Margarine
- 3 tablespoons Honey
- 3.5 teaspoons All Purpose Flour
- 1/4 teaspoon Baking Powder
- 1/2 teaspoon Vanilla Extract



##### SCHOOL FOOD SERVICE

**# PORTIONS: 24**

**PORTION SIZE: 3/4 CUP**

- Cooking Spray
- 9 lbs. Sweet Potatoes, fresh OR  
1 each #10 can mashed\*\*
- 6 each Eggs, large OR  
1.5 cups Liquid Whole Eggs
- 4 oz. Butter or Margarine
- 3/4 cup Honey
- 1/3 cup All Purpose Flour
- 1 teaspoon Baking Powder
- 1.5 teaspoons Vanilla Extract



**Fun Fact:**  
Did you know the skin of sweet potatoes can be orange, white, red or purple?

\*Optional: Strawberries or Chunky Applesauce

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#### DIRECTIONS:

\*\*NOTE: If using canned, mashed sweet potatoes:

Skip Steps 2 & 3

- 1 Preheat oven to 375°F.  
Coat baking pan with cooking spray.
- 2 Wash potatoes. Steam potatoes or cook them in boiling water until tender, approx. 15 minutes.
- 3 Drain potatoes if necessary. Mash or puree potatoes in food processor or mixer until smooth.

- 4 Beat eggs in a bowl. Add butter/margarine, honey, flour, baking powder & vanilla to eggs.
- 5 Add eggs to sweet potatoes. Mix well.  
Transfer mixture to baking pan.  
(Food Service: 2-inch steam table pan)
- 6 Bake at 375°F for 35-40 minutes until top is lightly browned.  
**\*Optional:** Top each portion with chopped strawberries or applesauce.

**Portion Size: 3/4 cup (6 oz. Spoodle)  
= 1/2 cup Veg/Red-Orange**

RECIPES MADE IN COLLABORATION WITH:

