



JERSEY TASTES! RECIPES

SWEET POTATOES ITALIENNE

INGREDIENTS:

FAMILY-SIZE

SERVES: 6

PORTION SIZE: 1/2 CUP



- Cooking Spray
- 1.25 lbs. Sweet Potatoes
- 2 tablespoons Sweet Onions, coarsely chopped or minced
- 3 tablespoons Vegetable Oil
- 1 tablespoon Parsley, fresh, chopped OR 1 teaspoon Parsley, dried
- 2 tablespoons Parmesan Chees
- 1 teaspoon Basil, dry
- 1/2 teaspoon Garlic Powder
- 1/4 teaspoon Oregano, dry

Fun Fact:
Did you know you can eat sweet potatoes raw with dip?



Check out recipe video:
https://www.youtube.com/watch?v=aNlb_Jadzlc&feature=youtu.be

DIRECTIONS:

- 1 Preheat oven to 425°F. Coat baking pan with cooking spray.
- 2 Wash, peel & dice sweet potatoes into small cubes.
- 3 In a fry pan add 1 tablespoon (food service 1/4 cup) of oil & chopped onions. Cook onions until soft, approx. 5 minutes.

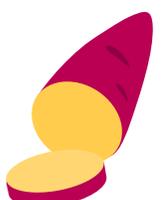
SCHOOL FOOD SERVICE

PORTIONS: 25

PORTION SIZE: 1/2 CUP



- Cooking Spray
- 5.5 lbs. Sweet Potatoes
- 1/2 cup Sweet Onions or 1.5 medium, coarsely chopped or minced
- 3/4 cup Vegetable Oil
- 1/4 cup Parsley, fresh, chopped OR 2 teaspoons Parsley, dried
- 1/2 cup Parmesan Cheese
- 1 tablespoon Basil, dry
- 2 teaspoons Garlic Powder
- 1 teaspoon Oregano, dry



Portion Size: 1/2 cup = 1/2 cup Veg/Red-Orange

- 4 In a bowl combine remaining oil, parsley, 1 tablespoon (food service 1/4 cup) cheese, basil, garlic powder, oregano & onions. Blend well. Toss potatoes in this mixture.
- 5 Spread potatoes in an even layer on baking pan. Bake for approx. 10-15 minutes or until lightly browned & crispy.
- 6 Top with remaining cheese before serving.

RECIPES MADE IN COLLABORATION WITH:

