

Winter recipe: breakfast
Food components used: vegetable
Specialty crop: sweet potatoes

Breakfast Sweet Potato Wedges				
Ingredients	8 servings		25 servings	
	Measure	Weight	Measure	Weight
Unpeeled sweet potatoes		2.5 lbs		7.75 lbs
Canola oil	3 Tbsp		¼ cup	
Ground cinnamon	⅓ tsp		1 tsp	
Granulated sugar	1-2 Tbsp		1/4 cup	
Ground nutmeg	⅔ tsp		2 tsp	
Ground allspice	⅓ tsp		1 tsp	

Directions:

1. Cut sweet potatoes in half both ways, then cut into 1-2 inch wedges
2. Combine cut sweet potatoes, oil, cinnamon, sugar, nutmeg, and allspice in a large bowl. Mix to combine evenly.
3. Place spiced sweet potatoes on a sheet pan (18" x 26" x 1"). For 8 servings, use 1 pan. For 25 servings, use 2 pans
4. Bake: Conventional oven: 450 °F for 35 minutes. Convection oven: 425 °F for 25-30 minutes

Serving Sizes for Breakfast

Age Group	Serving Size
Ages 1-2	½ cup
Ages 3-5	½ cup

NOTE: The number of servings is based on ½ cup portions for Ages 3-5; Number of servings may increase or decrease based on the ages of the children served and the amount served. This recipe provides ½ cup of vegetables per serving.