Purple Pirate Potatoes

Preparation time: 40 minutes | **Cook time:** 1 hour

HACCP Process: _____ 1 – No Cook ✓ 2 – Cook & Same Day Serve _____ 3 – Cook, Cool, Reheat, Serve _____ 4 – SOP Controlled

Ingredients	For 50 Servings		For 100 Servings	
	Weight	Measure	Weight	Measure
Beets, fresh, peeled, and chopped into 1" cubes	6 lb		12 lb	
Sweet potatoes, fresh, peeled, and chopped into 1" cubes	8 lb		16 lb	
Onion, sweet, fresh, diced small	1 lb	3 cups	2 lb	6 cups
Olive oil, divided amongst recipe steps		6 Tbsp		3/4 cup
Salt		2 1/2 tsp		1 Tbsp 2 tsp
Black pepper		1 Tbsp		2 Tbsp
Brown sugar		1/2 cup		1 cup
Cinnamon		2 Tbsp		4 Tbsp

Directions

1. Preheat convection oven to 375°F.
2. Scrub beets and sweet potatoes well under running water. Peeling may not be necessary for either vegetable; especially if the beets are smaller in size and recently harvested.
3. Chop the beets and sweet potatoes. Dice the onion.
4. In a large bowl, toss the beets with 1/3 of the olive oil.
5. In a separate bowl, mix the sweet potatoes and onions. Pour the remaining oil over the items, ensuring they are covered with olive oil.
6. Mix salt, pepper, brown sugar, and cinnamon together. Evenly coat the two bowls of vegetables with spice mixture.
7. Pour vegetables out onto their own parchment paper lined hotel pans. Beets in one pan; sweet potatoes and onions in a separate pan. Spread the vegetables out into an even layer.
8. Bake, stirring every 20 minutes.
   Conventional oven: 400°F for 60 minutes.
   Convection oven: 375°F for 45-60 minutes.

   The beets may take up to 60 minutes to soften fully, while the sweet potatoes will take less time (45 minutes).

   Check the beets often as the roasted beets tend to overcook (dry out and shrink) very quickly.
9. Mix the beets and sweet potatoes/onions together and serve warm. The texture is the best right out of the oven. Strive to serve right away (avoid prolonged hot holding) by batch cooking.

   Critical Control Point: Hot hold, if needed at 135°F.

Serving Size: 1/2 cup (4 fl oz spoodle or #8 scoop)

Yield: 50 servings = 25 cups | 100 servings = 50 cups

Meal Component Crediting *(Based on Serving Size)*

1 Serving Provides: 1/4 cup red/orange vegetable and 1/4 cup other vegetable.

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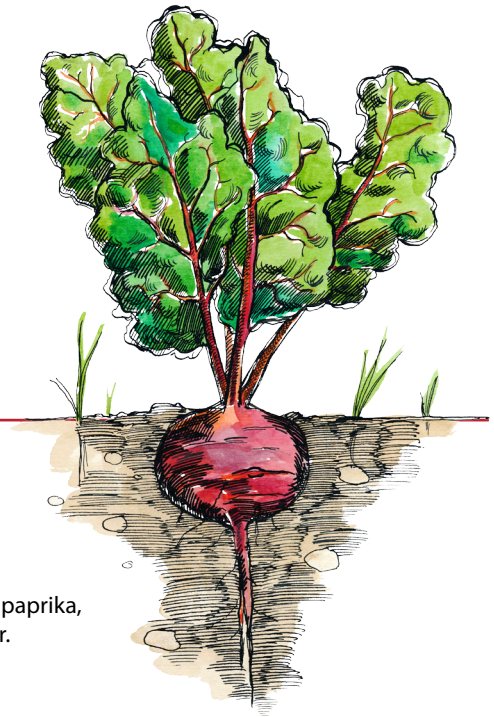
Nutrition Analysis *(Based on Serving Size)*	
Calories (cal)	**113**
Total Fat (g)	1.7 g
Saturated Fat (g)	0.25 g
Cholesterol (mg)	0 mg
Sodium (mg)	199 mg
Total Carbohydrate (g)	23 g
Dietary Fiber (g)	4 g
Total Sugars (g)	9 g
Added Sugars included (g)	9 g
Protein (g)	2 g
Vitamin D (mcg)	0 mcg
Calcium (mg)	38 mg
Iron (mg)	1 mg
Potassium (mg)	441 mg

N/A = *data not available*

Marketing Guide		
Food as Purchased for	50 Servings	100 Servings
Beets, fresh	6 lb	12 lb
Sweet potatoes, fresh	8 lb	16 lb
Onions, fresh	1 lb	2 lb



Notes

Alternate flavor options:

Option 1. Italian spice blend for 50 servings: add 2 Tbsp dried thyme to current recipe, decrease brown sugar to 1/4 cup, and add 3 1/2 Tbsp garlic powder.

or

Option 2. Spanish spice blend for 50 servings: 1/4 cup ground cumin, 2 Tbsp smoked paprika, 2 Tbsp dried thyme, 1 1/2 tsp cayenne pepper, 2 3/4 tsp salt, and 1/2 cup brown sugar. Omit the cinnamon, garlic powder, and black pepper.

This recipe works well with red or golden beets. Red beets create a more purple color.

Source: Montana Team Nutrition - Harvesting Montana Recipes Contest
Original Source: Laura Toeckes, Power School District, MT
Standardized by: Erin Moore and staff, Philipsburg School District, MT and Chef Leah Smutko, Fork and Spoon Kitchen, Bozeman, MT

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