



ROASTED SWEET POTATO HASH

June 17

National Eat Your Vegetables Day

INGREDIENTS

- 1 Teaspoon Ground Cinnamon
- 2 Teaspoons Canola Oil
- 2 Tablespoons Orange Juice
- 4 Cups (1lb 5¼ oz) Sweet Potatoes (fresh, peeled, cubed)

DIRECTIONS

1. Preheat oven to 400 °F.
2. In a small bowl, combine cinnamon, oil, orange juice, and salt. Whisk to mix.
3. Add sweet potatoes to cinnamon-orange mixture. Toss to combine.
4. Spray a baking sheet with nonstick cooking spray and place sweet potatoes in a single layer (uncrowded) on a baking sheet.
5. Roast for 20 minutes.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Breakfast

YIELD

3 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
¼ Cup	½ Cup	½ Cup	½ Cup