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Purple Pirate Potatoes (Roasted Beets and Sweet Potatoes)

This recipe showcases locally grown fresh beets and fresh sweet potatoes with a sweet oven roasted flavor.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Montana Office of Public Instruction

Preparation Time: 40 minutes
Cook Time: 1 hour

NSLP/SBP crediting information:
½ cup (4 fl oz spoodle or #8 scoop) provides ¼ cup red/orange vegetable and ¼ cup other vegetable.

INGREDIENTS / DIRECTIONS

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Beets, fresh, peeled and chopped (about 1" size cubes). Can use red or golden beets. Red beets create a more purple color.	6 lb	1 gal 1 ⅜ cups	12 lb	2 gal 2 ¾ cups	1. Preheat convection oven to 375 °F
*Sweet potatoes, fresh, peeled and chopped (about 1" size cubes)	8 lb	1 gal 3 ½ cups	16 lb	2 gal 1 qt 3 cups	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.
*Onion, sweet, fresh, diced small	1 lb	3 cups	2 lb	6 cups	3. Chop the beets and sweet potatoes; dice the onion.

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INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Olive oil (divided amongst recipe steps)		¼ cup 2 Tbsp		¾ cup	4. In a large bowl, toss the beets with ⅓ 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.
Salt		2 ½ tsp		1 Tbsp 1 tsp	6. Mix salt, pepper, brown sugar, and cinnamon together. Evenly coat the two bowls of vegetables with spice mixture.
Pepper, black		1 Tbsp		2 Tbsp	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.
Brown sugar	2.5 oz	½ cup	5 oz	1 cup	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 to serve.
Cinnamon	0.5 oz	2 Tbsp	1 oz	4 Tbsp	The texture is the best right out of the oven. Strive to serve right away (avoid prolonged hot holding) by batch cooking.
					10. Critical Control Point: Hot hold, if needed at 135 °F.

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Page 2 of 3

NUTRITION INFORMATION
For ½ cup (4 fl oz spoodle or #8 scoop)

NUTRIENTS	AMOUNT
Calories	94
Total Fat	1.7 g
Saturated Fat	0.25 g
Cholesterol	0 mg
Sodium	180 mg
Total Carbohydrate	19 g
Dietary Fiber	3 g
Total Sugars	7.5 g
Added Sugars included	N/A
Protein	1.6 g
Vitamin A	N/A
Vitamin C	N/A
Vitamin D	0 IU
Calcium	31 mg
Iron	1 mg
Potassium	341 mg

N/A=data not available.

MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Beets, fresh	7 lb 13 oz	15 lb 10 oz
Sweet potatoes, fresh	10 lb	20 lb
Onions, mature, fresh	1 lb 2 oz	2 lb 4 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

Alternate spice/flavor options:
Other options for a more savory (less sweet) flavor include:
1. For 50 servings, add 2 Tbsp dried thyme to current recipe, decrease brown sugar by ½ the amount listed and add 3 ½ Tbsp of garlic powder.
2. Spanish spice blend for 50 servings, mix together ¼ cup ground cumin, 2 Tbsp smoked paprika, 2 Tbsp dried thyme, 1 ½ tsp cayenne pepper to go with salt and sugar. Omit the cinnamon, garlic powder and black pepper if using the Spanish spice blend.

YIELD/VOLUME

50 Servings	100 Servings
About 1 gal 2 qt 1 cup	About 3 gal 2 cups