



# Mexican Sweet Potato Bowl



## HACCP Process Category 2

Ingredients	For 26 Servings		Directions
	Weight	Measure	
Brown rice, uncooked 	2.75 LBS		<ol style="list-style-type: none"> <li>1. Cook rice according to directions.</li> <li>2. Preheat oven to 425°F</li> <li>3. Place sweet potatoes on sheet pan. Drizzle with olive oil. Sprinkle with salt, cumin, and paprika. Bake for 25 to 30 min. Stir half way through.</li> <li>4. While the rice and sweet potatoes are cooking rinse and drain the beans and corn.</li> <li>5. Heat the diced chicken to 165°F <b>CCP: Heat chicken to 165°F or Higher for 15 seconds</b></li> <li>6. Dice onions, tomatoes and cilantro.</li> <li>7. Make the cilantro cream sauce, chop the cilantro and whisk rest of ingredients together set aside in refrigerator. <b>CCP: Hold cold foods at 41°F or below</b></li> <li>8. Assemble the bowls or let the students assemble.</li> <li>9. Start with rice on bottom top with sweet potatoes, beans, chicken and desired toppings finish with cilantro cream sauce. <b>CCP: Hold cold foods at 41°F or below for service</b> <b>CCP: Hold hot foods at 135°F or higher for hot</b></li> </ol>
Diced sweet potatoes		13 cups	
Diced grilled chicken 	3.25 LBS		
Black beans 		6.5 cups	
Whole kernel corn 		6.5 cups	
Avocado diced		3 cups	
Green onion		3 cups	
Cherry tomatoes		2 cups	
Cumin		9 tsp	
Spanish paprika		3 tsp	
Olive oil		½ cup	
Salt		1 tsp	
Pepper		2 tsp	
Cilantro cream drizzle		2 cups	
Low fat plain yogurt		½ cup	
Skim milk/or almond milk		1.5 cups	
Fresh cilantro		¼ cup	
Lime juice		1 tsp	
Salt			



service

Serving Size: Yield: Servings 26 1 cup 2 oz. Meat/Meat Alternate,  $\frac{3}{4}$  cup Vegetable ( $\frac{1}{4}$  cup Legumes,  $\frac{1}{4}$  cup Starchy,  $\frac{1}{4}$  cup Red/Orange), and 1  $\frac{1}{2}$  oz. eq. Grain

**Nutrition Analysis: Serving Size:**

Calories: 350 kcal

Calories from Fat: 25.35%

Total Fat: 9.92 g

Saturated Fat: 1.93 g

Trans Fat: 0.00

Cholesterol: 53.23 mg

Sodium: 416 mg

Total Carbohydrate: 43.85 g

Dietary Fiber: 8.4 g

Sugars: 6.3 g

Protein: 25.69 g

Vitamin A: 9649 IU

Vitamin C: 12.5 mg

Calcium: 123.56 mg

Iron: 2.92 mg