

Southwest Sunrise Oven Potatoes

Adapted from: [Illinois Harvest of the Month](#)

Description: Smoky and a little spicy, these multicolored potato wedges are sure to please your students!

Yield: 100

Serving Size: ½ cup

USDA Meal Components: ¼ cup red/orange vegetable, ¼ cup starchy vegetable

Ingredients:

- 11 lbs red potatoes, A size, skins on, cut into wedges (see note)
- 11 lbs sweet potatoes, fresh, cut into wedges (see note)
- ¾ cup olive oil
- 4 Tbsp Mrs. Dash Southwest Chipotle Seasoning (you may reduce amount if too spicy)
- 4 Tbsp salt

Directions:

1. Critical Control Point: Preheat conventional oven to 425 degrees F, convection oven to 375 degrees F.
2. Line sheet pans with parchment paper.
3. Toss sweets and reds together in a tote or large bowl.
4. Combine oil, salt, and seasoning together. Whisk to incorporate.
5. Immediately pour oil over potatoes and toss well to combine.
6. Layer potatoes on pans, being sure not to overcrowd!
7. Critical Control Point: Shortly before service, roast potatoes for 15 minutes. Remove from the oven. Toss potatoes and return to the oven.
8. Critical Control Point: Roast for an additional 10-15 minutes until potatoes are tender and browned.
9. Critical Control Point: Hold at 140 degrees F through service.

Notes:

To cut perfectly equal wedges: cut potatoes in half lengthwise. Lay potato half on cutting board, cut side down. Cut in half lengthwise. Cut each quarter in two. You should have 8 wedges per whole potato. A $\frac{1}{2}$ cup serving should be equal to 4 wedges.

Did you know? The red potato was first cultivated in Peru. It was naturalized in the Old World via Spanish sailors bringing the potato with them on returning voyages to Europe. Over the centuries, botanists have created many varieties of potatoes. Some of the best known are Sebago (common potato), Pontiac (very popular because of its thin, red skin), Desiree, Pink Fir Apple, Kipfler, Pink Eye (or Tasmanian Pink Eye), Russet Burbank, Spunta, and Nicola.

North Carolina produces more sweet potatoes than any other state in the US! Louisiana, California and Mississippi are the other top producers. While the Jewel sweet potato variety represents more than 75% of the commercially grown options, there are other sweet potato options out there, including Garnet, Diana and Beauregard.

Nutrition Facts

100 Servings Per Recipe	Amount Per Serving	Percent Daily Value
Serving Size	$\frac{1}{2}$ cup	
Calories	109	
Total Fat	3.3 g	4.23%
Saturated Fat	0.5 g	2.5%
Cholesterol	0 mg	
Sodium	309 mg	13.43%
Total Carbohydrate	19 g	6.91%
Dietary Fiber	2.6 g	9.29%
Total Sugars	2.4 g	
Protein	1.8 g	3.6%

Filed Under: School