



# JERSEY TASTES! RECIPES

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## SWEET POTATO BREAKFAST BOWL

### INGREDIENTS:

#### FAMILY-SIZE

**SERVES: 4**

**PORTION SIZE: 1 EACH**

- 2 each Sweet Potatoes, large
- 4 each Eggs, large
- 1 lb. Broccoli, frozen chopped, thawed
- 2 each Tomatoes, medium, diced
- 1/2 cup Cheddar Cheese, shredded
- Salt & Pepper, to taste

#### Substitute w/ Alternate Toppings:

- Spinach
- Onions, diced
- Red Bell Pepper, diced
- Bacon, cooked and crumbled

### DIRECTIONS:

- 1 Use fork to pierce holes in sweet potatoes.
- 2 Preheat oven to 400°F. Bake for approx. 45 minutes or microwave for 5-10 minutes until softened.
- 3 Slice potatoes in half. Use spoon to scrape out inner flesh. Leave at least a 1/2-inch thick border on each side. Save scooped out potato parts for side dishes.



#### SCHOOL FOOD SERVICE

**# PORTIONS: 24**

**PORTION SIZE: 1 EACH**

- 1 dozen (approx. 8 lbs.) Sweet Potatoes, large
- 2 dozen Eggs, large
- 5 lbs. Broccoli, frozen chopped, thawed
- 3.25 lbs. Tomatoes, medium, diced
- 1.5 lbs. Cheddar Cheese, shredded
- Salt & Pepper, to taste

#### Substitute w/ Alternate Toppings:

- Spinach
- Onions, diced
- Red Bell Pepper, diced
- Bacon, cooked and crumbled

**Portion Size: 1 each = 2.5 oz. Meat Alt.;**  
**1/2 c Veg/Red-Orange; 1/2 c Veg/Dk. Green**



#### Fun Fact:

Did you know the skin of sweet potatoes can be orange, white, red or purple?

- 4 Transfer potatoes to parchment paper lined baking pan.
- 5 Fill each potato w/ 1 egg, 1/2 c broccoli, 1/4 c tomatoes & 2 tablespoons cheese OR w/ the toppings of your choice.
- 6 Bake for 8-12 minutes or until the egg has cooked to preferred doneness.

RECIPES MADE IN COLLABORATION WITH:

