**JERSEY TASTES! RECIPES**

**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

**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**

**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.
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.