

Sweet Potatoes

Bake one-half sweet potato per person. If the sweet potatoes are very large, prepare fewer / if small a few more.

Prep:

Count out the sweet potatoes needed, then wash them all using the veggie scrub brushes.

Cut off the ends and any dark spots then cut in half crosswise then lengthwise – 4 pieces. If the potatoes are huge cut each quarter into wedges.

Cut pieces to be similar in size! Store them in labeled buckets in the walk-in.

Cook:

Turn convection oven to 500.

Once oven is warming up (not before), place a tray's worth of potato pieces into a large bowl. Add some olive oil and sprinkle lightly with salt and pepper. Toss until well coated with oil.

Put onto baking sheets, sorting pieces according to size on separate trays so they will cook at the same rate.

Important: Take the time to turn each piece of potato so the skin side is facing up to facilitate cooking.

Place trays in oven & bake for about 45 min to an hour, until potatoes are very soft. **Double-check for tenderness!**