

# Chica's Sweet Potato Haystacks



Prep time: 45 minutes (15 minutes prep + 30 minutes bake time)

Makes: 4 "haystacks" (some variation based on potato size and haystack size)

Serving size: 1/4 cup of strips into haystack for toddlers or 1/2 cup stacks for school-aged kids.



## Ingredients

- 2 medium sweet potatoes  
peeled and grated
- 1 tbsp. olive oil
- 1/8 tsp. salt
- Vegetable cooking spray

## Supplies

- Cutting board and knife
- Vegetable peeler
- Measuring spoons
- 1 gallon-size zip lock bag
- Large baking sheet
- Measuring cups
- Pancake flipper
- Hot pads

## Directions

1. Preheat oven to 400° Fahrenheit (204° Celsius).
2. Spray baking sheet with cooking spray to keep haystacks from sticking.
3. Add grated sweet potatoes, oil, and salt to zip lock bag.
4. Zip closed and shake, shake, shake until potatoes are all lightly coated.
5. Remove from bag using 1/4 or 1/2 cup measuring cup and arrange into little haystacks on baking sheet.
6. Bake for 15 minutes and then flip using pancake flipper.
7. Continue baking another 15 minutes or until tender.

\*Parents can prepare the potatoes and get them sliced. Kids can do the mixing, shaking, and arranging on the baking sheet. Then parents can finish up with baking and flipping the hot haystacks.

### Nutritional Facts

Servings per Recipe: 1

#### Amount Per Serving

Calories:	60cal
Protein:	1g
Fat:	4g
Saturated Fat:	0g
Carbohydrate:	15g
Fiber:	2g
Cholesterol:	0mg
Sodium:	135mg
Calcium:	20mg
Iron:	0mg
Folate:	8mcg

Note: Nutritional analysis may vary depending on ingredient brands used. Values were rounded to nearest whole number, except for iron.

Nutritional analysis and facts have been provided by:



For more information about fun family recipes and keeping kids healthy and well, visit [www.kidshealth.org](http://www.kidshealth.org)