SHOPPING LIST

Sweet Potato Rounds

- ○ Nonstick Cooking Spray
- ○ Sweet Potatoes
- ○ Panko Breadcrumbs
- ○ Olive Oil
- ○ Maple Syrup
- ○ Chili Powder
- ○ Kosher Salt
- ○ Black Pepper

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Lunch Labbers Present

SIDE DISHES

PBS KIDS GO!

FIZZY'S LUNCH LAB

Sweet Potato Rounds

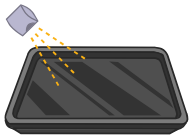
VEGETARIAN	TIME	DIFFICULTY	SERVES
V		M	4
YES	About 1 hour	Medium	

YOU WILL NEED

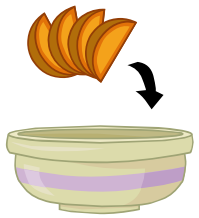
- Nonstick cooking spray
- **3** medium sweet potatoes, peeled and cut into ½" rounds
- **1 ½ cups** panko breadcrumbs
- **2 tablespoons** olive oil
- **3 tablespoons** maple syrup
- **1 ½ teaspoons** chili powder
- **1 teaspoon** kosher salt
- **½ teaspoon** black pepper

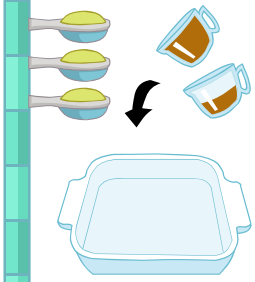
DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!



STEP 1: Preheat the oven to 400°. Line a rimmed baking sheet with parchment paper and spray with nonstick cooking spray. Place the potato rounds in a large microwave-safe bowl and cover with a large plate. Microwave on high until the potatoes are just tender, 5 to 9 minutes, turning the potatoes halfway through cooking. Cool, covered, for 10 minutes, then drain in a colander.





STEP 2: Pour the panko into a shallow baking dish and mix with the oil. Toss the potatoes with the maple syrup, chili powder, salt, and pepper. Dip each potato round into the panko and press lightly. Place on the prepared baking sheet and bake until crisp, about 20 minutes.

Nutrition Facts

Serving Size 1 serving (144g)
Servings Per Container 4

Amount Per Serving	
Calories 280	Calories from Fat 70
	% Daily Value*
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 610mg	25%
Total Carbohydrate 50g	17%
Dietary Fiber 3g	12%
Sugars 14g	
Protein 4g	

Vitamin A 280% • Vitamin C 4%
Calcium 4% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4