# Roasted sweet-potato rounds with a topping bar

Roast sweet-potato rounds with Food Hero's general roasted-vegetable method and set out a labeled topping bar. The method uses a 425°F oven, a single layer and about 15 minutes for pieces about ½ inch thick; it does not list sweet potatoes, so check the rounds for tenderness. The free sheet has a roast log, a topping table with ingredients, allergens and hot-or-chilled columns, and a serving-time log.

**Method: Food Hero, Roasted Vegetables (425°F; about 15 minutes for ½ inch pieces). It does not list sweet potatoes: check for tenderness. FigureNook did not roast them.**

## Materials

- Sweet potatoes, about 1 cup of rounds per person
- Vegetable oil, just enough to make the rounds shine
- Salt and pepper or another seasoning
- Metal baking sheet; foil or parchment if you like
- Knife, cutting board and a scrub brush
- Toppings that suit your guests, with their labels
- A separate serving spoon for each topping
- Free topping-bar sheet (PDF) and a pencil

## 1. Scrub and slice

Wash your hands. Rinse or scrub the sweet potatoes under running water, peel them if you like and cut even rounds about ½ inch thick. Food Hero says pieces about ½ inch thick brown more and cook more quickly.

## 2. Oil and spread

Preheat the oven to 425°F. Toss the rounds with just enough oil to make them shine and spread them in a single layer on a baking sheet. Food Hero notes that a metal sheet without sides allows more browning, and foil or parchment makes cleanup easy.

## 3. Roast, turn and check

Roast until tender and slightly browned on the edges, turning about halfway. Food Hero gives about 15 minutes for pieces about ½ inch thick, but its vegetable list does not include sweet potatoes. FigureNook guidance: test a round with a fork and log the actual time.

## 4. Set up the topping bar

Write each topping, its ingredients and its allergens on the topping table, and give each bowl its own spoon. Keep chilled toppings, such as yogurt, in the refrigerator until serving.

## 5. Serve and put away on time

Season lightly and serve in small batches. FSIS says to throw away perishable food left at room temperature for more than 2 hours, or 1 hour if the temperature is over 90°F. Food Hero says to refrigerate leftovers within 2 hours.

### Important

Do not leave the rounds or perishable toppings out more than 2 hours, or 1 hour if the temperature is over 90°F (FSIS). No whole or chopped nuts or seeds for young children (CDC).

Food safety: Count all time perishable food spends out of refrigeration or effective cooling toward the limit; chilling it again does not reset the clock. Discard after more than 2 hours, or 1 hour above 90 F.
Equipment safety: Uncoated aluminum half-sheet pans: check oven fit, lining and use instructions; pan accessories are separate.

# Topping-bar sheet

## Roast log

425°F, single layer, turn about halfway. Write the actual time your rounds took to become tender.

| Pan | Round thickness | In at | Turned at | Tender at | Done |
|---|---|---|---|---|---|
| 1 | | | | | ☐ |
| 2 | | | | | ☐ |
| 3 | | | | | ☐ |

## Topping table

One row per topping. Copy ingredients and allergens from the labels. Each bowl gets its own spoon.

| Topping | Ingredients and allergens | Hot or chilled | Own spoon |
|---|---|---|---|
| | | | ☐ |
| | | | ☐ |
| | | | ☐ |
| | | | ☐ |
| | | | ☐ |
| | | | ☐ |

## Serving-time log

Put away or discard by 2 hours after setting out, or 1 hour if the temperature is over 90°F (FSIS).

| Batch | Set out at | Put away by | Done |
|---|---|---|---|
| 1 | | | ☐ |
| 2 | | | ☐ |
| 3 | | | ☐ |

Food safety: Count all time perishable food spends out of refrigeration or effective cooling toward the limit; chilling it again does not reset the clock. Discard after more than 2 hours, or 1 hour above 90 F.

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## Tips

• CDC lists whole or chopped nuts and seeds among choking hazards for young children. Offer a developmentally appropriate alternative, prepare food in suitable shapes and textures, and supervise eating. CDC: https://www.cdc.gov/infant-toddler-nutrition/foods-and-drinks/choking-hazards.html

• Check topping labels against FDA's nine major food allergens: milk, eggs, fish, Crustacean shellfish, tree nuts, peanuts, wheat, soybeans and sesame. FDA food allergies: https://www.fda.gov/food/nutrition-food-labeling-and-critical-foods/food-allergies

• Use a suitable baking sheet you already own; check its fit in your oven and follow the maker’s directions.

## Notice

FigureNook guide applying Food Hero's general roasted-vegetable method to sweet-potato rounds; Food Hero's list does not name sweet potatoes, and FigureNook did not roast them. The topping bar layout is FigureNook guidance. The illustration is an AI-generated concept, not a photo of this dish or of the linked pan.

## Sources

Oregon State University Food Hero: Roasted Vegetables (425°F; ½ inch pieces about 15 minutes)
https://foodhero.org/recipes/roasted-vegetables

USDA FSIS: Leftovers and Food Safety (2 hours; 1 hour over 90°F)
https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety

CDC: Choking hazards (whole or chopped nuts and seeds)
https://www.cdc.gov/infant-toddler-nutrition/foods-and-drinks/choking-hazards.html

FDA: Food Allergies (the nine major food allergens)
https://www.fda.gov/food/nutrition-food-labeling-and-critical-foods/food-allergies

## Main source

Oregon State University Food Hero: Roasted Vegetables
https://foodhero.org/recipes/roasted-vegetables

Source note: General method: 425°F, a single layer, about 15 minutes for pieces about ½ inch thick, turned about halfway, leftovers refrigerated within 2 hours. It does not list sweet potatoes.

Full guide: https://figurenook.com/guides/roasted-sweet-potato-rounds-with-a-topping-bar/