



825119 - Roasted Root Vegetables

Source: K12 Culinary

Number of Portions: 50

Size of Portion: 1/2 cup

Components:

Meat/Alt:

Grains:

Fruit:

Vegetable: 0.5 cup

Milk:

Recipe Subgroups:

Vegetable, Red/Orange

Vegetable, Red/Orange

Vegetable, Other

Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
011125 CARROTS,CKD,BLD,DRND,WO/SALT..... 011508 SWEET POTATO,CKD,BKD IN SKN,FLESH,WO/ SA... 011565 TURNIPS,CKD,BLD,DRND,WO/SALT..... 011436 RUTABAGAS,CKD,BLD,DRND,WO/SALT.....	3 LBS (AP, raw) 3 LBS (fresh) 3 LBS (fresh, AP) 3 LBS (fresh, AP)	Weigh required amounts of fresh, as purchased (AP) vegetables. Rinse the carrots, sweetpotatoes, turnips and rutabagas under running water and scrub with a vegetable brush. Drain well in a colander or perforated pan. Cut carrots into ½ inch slices using the oblique cut method. Refer to Knife Skills video for instruction if needed.) Cut the sweetpotatoes into quarters, then into ½ inch dices. Cut the turnips into ½ inch slices, then into ½ inch sticks, and finally ½ inch dices. Using a chef's knife, peel the waxy exterior from the rutabagas. Cut into ½ inch planks, then into ½ inch sticks, then ½ inch dices.
826508 Olive Oil Blend 90/10, Colavita L116..... 002026 ONION POWDER..... 002030 PEPPER,BLACK..... 002047 SALT, TABLE.....	1/2 cup 2 tsp 2 TSP (ground) 2 tsp	Combine the olive oil blend, onion powder, black pepper, and salt in a large bowl. Stir to combine. Add the prepared carrots, sweetpotatoes, turnips and rutabaga. Toss to coat.
		Spray 3 full size sheet pans with food release spray. Do not use parchment paper as this inhibits roasting and full flavor development. Place seasoned vegetables evenly in a single layer on the sheet pans - about 4 lb of vegetables per pan. Do not crowd the vegetable pieces or they will not roast properly. Bake at 350° F for approximately 25-35 minutes, or until the vegetable pieces are browned, blistered and tender. CCP: Heat to 135° F or higher.

011297 PARSLEY,FRESH.....	1/2 CUP (chopped)	<p>Transfer roasted vegetables to 2-inch full-size pans. Finely mince the fresh parsley and sprinkle evenly over each pan. (Note: As an alternative to fresh parsley, use 1 tablespoon dried parsley per pan.)</p> <p>Hold uncovered in hot holding cabinet until service. Serve ½ cup portions using a 4 oz spoodle. CCP: Hold for hot service at 135° F or higher.</p>
		This recipe is best prepared for just in time service. Leftovers are not optimum quality when reheated.

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	63 kcal	Cholesterol	0 mg	Sugars	4.0 g	Calcium	29.04 mg	34.17%	Calories from Total Fat
Total Fat	2.38 g	Sodium	120 mg	Protein	1.09 g	Iron	0.39 mg	2.73%	Calories from Saturated Fat
Saturated Fat	0.19 g	Carbohydrates	10.04 g	Vitamin A	8804.8 IU	Water ¹	*79.12* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.38 g	Vitamin C	13.4 mg	Ash ¹	*0.99* g	63.97%	Calories from Carbohydrates
								6.95%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.