

Source: *Chef Thomas*

**RECIPE NAME: Roasted Root Vegetables**

Grade Group: K-12	<b>HACCP Process:</b> <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes cooling step
Number of Portions: 100	
Portion Size: ½ cup	
Serving Utensil: ½ cup spoodle	
Servings Per Pan:	

Ingredients:	Weight	Measure	Procedure:
Carrots, whole, fresh	7 lbs. 8 oz.		1. Wash potatoes. Wash and peel carrots and parsnips. Peel onions. 2. Chop all vegetables into ¾" cubes. 3. Place all vegetables in a bowl and add olive oil. Toss evenly to coat. 4. Combine seasonings, sprinkle over vegetables in bowl and toss again. 5. Place onto two lined sheet pans. 6. Bake at 375°F for 20-25 minutes or until vegetables are tender and browning on edges.
Potatoes, whole, fresh	7 lbs. 8 oz.		
Parsnips, whole, fresh	7 lbs. 8 oz.		
Onions, whole, fresh	2 lbs. 8 oz.		
Oil, olive		½ c + 2 Tbsp	
Salt		1 Tbl.	
Pepper, black		2 tsp.	
Paprika		2 Tbl.	
Garlic powder		1 Tbl.	

<b>Total Yield</b>		Number of Pans:	Equipment (if not specified in procedures above):
Weight:	Measure (volume):	Pan Size:	

Meal Component Contribution Based on Portion Size						Nutrient Analysis Based on Portion Size
Meat/Meat Alternate						Calories: 65
Vegetable Subgroups*	D/G	B/P	R/O	S	O	Saturated Fat (g): 0.2
			⅛ c	¼ c	⅛ c.	Sodium (mg): 73
Fruits						
Grains						

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other

\* When serving Roasted Root Vegetables in your school meals program please note that each ½ serving contains ½ c creditable vegetables. You will notice that the recipe credits as ⅛ c *red/orange* and ¼ c *starchy*. The remaining ⅛ c of vegetables can only be counted as an “additional” vegetable. This is due to the fact that the remaining ⅛ c portion consists of vegetables from the *red/orange*, *starchy*, and *other* vegetable categories. Since vegetables classified under the *starchy* subgroup are unable to count toward the *other* vegetable subgroup, the entire ⅛ c must be considered as “additional” vegetables.