# ROASTED BEETS

Hartford Public Schools, FCNS - 2018

**Grades:** K-12

**Yield:** 25 or 50 portions

## INGREDIENTS

<table>
<thead>
<tr>
<th></th>
<th>25 SERVINGS</th>
<th>50 SERVINGS</th>
<th>DIRECTIONS</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>WEIGHT</td>
<td>MEASURE</td>
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<tr>
<td>Fresh beets</td>
<td>6.5 lbs.</td>
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<tr>
<td>Olive oil</td>
<td>¾ cup</td>
<td>1 ½ cup</td>
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<tr>
<td>Salt (optional)</td>
<td>1 ½ tsp</td>
<td>1 Tbsp</td>
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<tr>
<td>Black pepper</td>
<td>1 Tbsp</td>
<td>2 Tbsp</td>
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## DIRECTIONS

1. Sanitize work area with bleach & water solution.
2. Wash hands.
3. Put on food service gloves.

### Cooking Methods:

1. Wash beets.
2. Preheat oven to 350°F degrees.
3. Remove top from beet to create a flat surface.
4. Place beets on sheet pan cut side down.
5. Roast for 1 hour until tender.
6. Remove from oven and let cool down before peeling.
7. Peel beets then cut into bite size pieces.
8. Place beets in a mixing bowl and season with olive oil salt and pepper.
9. Transfer beets to a 4 inch half pan and serve immediately.

**Serving Size:** ½ cup, 4 oz spoodle

**Meal Pattern Contribution:** ½ cup Other Vegetable

**Notes:** 1 lb of beets without tops, cooked, and sliced = 7.7 (¼ cup) portions

**HACCP/Serving Instructions**

1. Hold at 140°F or higher throughout serving. Check temperature again during serving. If below 140°F, remove from line and reheat to 165°F.
2. Garnish with fresh parsley (optional).

Recipe and Meal Contribution Review completed by Put Local on Your Tray.

SFAs must check the crediting information for accuracy prior to including the item in reimbursable meals.