

ROASTED ROOT VEGETABLES

Hartford Public Schools, FCNS - 2018

Grades: K-12

Yield: 40 or 80 portions

INGREDIENTS	40 SERVINGS		80 SERVINGS		DIRECTIONS
	WEIGHT	MEASURE	WEIGHT	MEASURE	
Carrots, diced, (medium)	5#		10#		<ol style="list-style-type: none"> 1. Sanitize work area with bleach & water solution. 2. Wash hands. 3. Put on food service gloves. <p>Cooking Methods:</p> <ol style="list-style-type: none"> 1. Preheat oven to 400°F. 2. Wash the carrots, turnips, sweet potatoes, peppers and onions. Let drain. 3. Peel and dice the onions. 4. Dice the peppers. 5. In a large bowl add diced peppers, sliced onions and crushed garlic on top of the carrots turnips and sweet potatoes. 6. Add the olive oil and mix all the vegetables together. 7. Add the rosemary, salt (optional) and pepper. 8. Mix all the ingredients together. 9. Split the mixture in half on two baking sheets lined with parchment (4 trays for 80 serv). 10. Spread the mixture evenly across the pan and place in the oven for 20 minutes in 400°F oven until lightly browned. 11. Transfer each tray into a 4 inch half pan and serve immediately. Using a 4 oz. spoodle generously fill a 6 oz bowl.
Turnip, diced, (medium)	2.5#		5#		
Sweet potatoes, diced, (medium) **	2.5 # **		5#		
Peppers red and green, diced (medium)	2.125#		4.25#		
Spanish onions, sliced		1 cup		2 cups	
Crushed garlic		¼ cup		½ cup	
Olive oil		1 ½ cup		3 cup	
Dried rosemary (ground)		2 Tbsp		4 Tbsp	
Salt (optional)		1 tsp		2 tsp	
Pepper, black		2 tsp		4 tsp	

Serving Size: 5/8 cup

Meal Pattern Contribution: 3/8 cup Red/Orange vegetable; 1/4 cup other vegetable

NOTES:

1 # Carrots, fresh, cooked and sliced = 8.16 (1/4 cup) portion (Red/Orange Veg)

1# Turnip, fresh, pared, cubed, cooked = 8.7 (1/4 cup) portion (Other veg)

1 # Sweet Potatoes, cooked and sliced = 9.1 (1/4 cup) portion (Red/Orange Veg)

Peppers, 1 lb. yields 9.8 servings of 1/4 cup diced

Onions, 1 lb. yields 7.9 servings of 1/4 cup cooked sliced onion

** Butternut Squash can be substituted for the Sweet potatoes - 1lb.

Whole Butternut squash yields 7.5 svgs of 1/4 cup cooked, cubed squash (Red/Orange veg);

therefore, 2.75 lb. would yield 40 svgs of 1/8 cup.

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.

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.

