

# Roasted Vegetable Medley

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44409

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Baby Carrots	8 Pound		812540
Baked Potato- Graves County Schools	2 Pound	DICE CCP: Hold for hot service at 135° F or higher.	15R72
ONION YELLOW MED/LRG	2 Pound		267929
POTATO SWEET 70CT 1-40	8 Pound		881060
SEASONING GARL PWD 3.12Z	1/4 Cup		171464
SEASONING ONION PWD 7.62Z	1/4 Cup		171489
OIL CANOLA	1/4 Cup		311336

## Preparation Instructions

1. Preheat oven to 375°

If you are prepping the vegetables yourself (not pre-cut), make sure the carrots, sweet potatoes, and squash are cut smaller than the other veg as they are much harder. The onions will take the least amount of time, so you may find it better to add the onions at the halfway point

2. In a large bowl mix together cut vegetables

3. Add canola oil and mix until coated

4. Sprinkle garlic and onion powder over veg and mix well

5. Divide vegetable mixture onto sprayed sheet trays. Vegetables should be in a single layer, or stirred halfway through

6. Bake at 375° until vegetables are tender 45-60 minutes.

7. If vegetables start to get too brown before they are tender cover pans with aluminum foil and bake until tender

8. Hot hold at 135° until needed

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.100
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.030

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.75 Cup

Amount Per Serving	
<b>Calories</b>	15.29**
<b>Fat</b>	0.01g**
<b>SaturatedFat</b>	0.00g**
<b>Trans Fat</b>	0.00g**
<b>Cholesterol</b>	0.00mg**
<b>Sodium</b>	4.72mg**
<b>Carbohydrates</b>	3.81g**
<b>Fiber</b>	0.60g**
<b>Sugar</b>	0.91g**
<b>Protein</b>	0.37g**
<b>Vitamin A</b> 0.36IU**	<b>Vitamin C</b> 3.14mg**
<b>Calcium</b> 6.64mg**	<b>Iron</b> 0.15mg**

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

\*\*One or more nutritional components are missing from at least one item on this recipe.

## Nutrition - Per 100g

No 100g Conversion Available