

ROASTED RATATOUILLE MADE WITH LOCAL VEGETABLES

NO IMAGE

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48366
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Squash, summer, zucchini, includes skin, raw	13 1/2 cup, sliced		11477
SQUASH MED YEL S/N	3 1/2 Pound		198935
ONION RED JUMBO	2 Each		198722
PEPPERS GREEN LRG	3 Each		592315
PEPPERS RED	3 Each		597082
TOMATO GRAPE/CHERRY MEDLEY	1 1/2 Pound		870169
SALT KOSHER	1 1/2 Teaspoon		176447
SPICE PEPR BLK 30 MESH REG GRIND	1 1/2 Teaspoon		225045
SPICE GARLIC GRANULATED	1 Tablespoon		513881
SEASONING ITAL HRB	2 Fluid Ounce		428574
OIL OLIVE PURE	1/2 Cup		432061

Preparation Instructions

Bake in a 375-degree oven. Clean and slice veggies (Cut Squash in half moons, thinly slice onions and peppers). Line cookie sheets with parchment paper. Place veggies in a single layer. Mix oil and spices and pour evenly over the veggies. Toss to coat. Roast in oven until tomatoes pop and other veggies start to caramelize, approximately 15 minutes. Place in a 2-inch full-size pan and hold until time of service.

This recipe was developed by Chef Wesley Penland - Monroe County School District, Bloomington, IN

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	53.54
Fat	2.75g
SaturatedFat	0.42g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	30.59mg
Carbohydrates	7.61g
Fiber	2.01g
Sugar	4.27g
Protein	1.48g
Vitamin A 980.51IU	Vitamin C 71.93mg
Calcium 25.53mg	Iron 0.54mg

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

Nutrition - Per 100g

No 100g Conversion Available