

Roasted Veggie Blend

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-56866
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS ASST RNBW CHC	20 Cup		266985
CARROT MATCHSTICK	15 Cup		198161
TOMATO GRAPE SWT	15 Cup		129631

Preparation Instructions

Thoroughly wash all fresh produce.

Red and Orange Bell Peppers: Core and seed the peppers, then dice them into uniform 1/4-inch pieces.

Add carrots & cherry Tomatoes

Combine the Blend:

In a large mixing bowl, combine the diced bell peppers, carrots, and cherry tomatoes.

Add a little bit of oil just to coat, sprinkle salt and pepper to taste.

Gently mix until all vegetables are evenly distributed.

Roast at 400 till veggies are Al dente

Serve in black Cambro

AP: 12/29/25

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	1.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	34.17
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	49.50mg
Carbohydrates	8.20g
Fiber	2.73g
Total Sugar	4.40g
Added Sugar	0.00g
Protein	0.83g
Vitamin A 12312.97mcg RAE	Vitamin C 18.96mg
Calcium 33.20mg	Iron 0.49mg

Nutrition - Per 100g

Calories	26.58
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	38.51mg
Carbohydrates	6.38g
Fiber	2.13g
Total Sugar	3.42g
Added Sugar	0.00g
Protein	0.65g
Vitamin A 9579.84mcg RAE	Vitamin C 14.75mg
Calcium 25.83mg	Iron 0.38mg