

Roasted Vegetable Medley

NO IMAGE

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Baby Carrots	8 Pound		812540
POTATO SWT DCD 3/4IN	8 Pound		869351
POTATO RDSKN DCD FRSH	2 Pound		541117
ONION YELLOW MED/LRG	2 Pound		267929
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

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.420
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.100

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.75 Cup

Amount Per Serving	
Calories	46.34**
Fat	0.00g**
Saturated Fat	0.03g**
Trans Fat	0.00g**
Cholesterol	0.00mg**
Sodium	17.96mg**
Carbohydrates	11.52g**
Fiber	1.54g**
Total Sugar	2.76g**
Added Sugar	0.00g**
Protein	0.90g**
Vitamin A 6150.12mcg RAE**	Vitamin C 7.73mg**
Calcium 17.94mg**	Iron 0.31mg**

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

Nutrition - Per 100g

Calories	27.73**
Fat	0.00g**
Saturated Fat	0.02g**
Trans Fat	0.00g**
Cholesterol	0.00mg**
Sodium	10.75mg**
Carbohydrates	6.89g**
Fiber	0.92g**
Total Sugar	1.65g**
Added Sugar	0.00g**
Protein	0.54g**
Vitamin A 3680.95mcg RAE**	Vitamin C 4.63mg**
Calcium 10.74mg**	Iron 0.19mg**

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