

Q: Vegetables and Meatless Entree Alternatives No. Q03401N

ROASTED ONIONS

Yield 100 Portions
Each Portion 1/2 CUP

Calories	Carbs	Protein	Fat	% Cal From Fat	Chol	Sodium	Fiber/Dtry	Calcium
45 kcal	6 gm	0 gm	4.5 gm	90 %	0 mg	220 mg		0 mg

Ingredients	Weight	Measure	Issue
ONIONS, YELLOW	15 lbs		
OIL, SALAD, OLIVE	0 lbs 8 oz	1 c 2 3/8 tsp	
VINEGAR, WHITE	0 lbs 8 oz	15 tbs 3/4 tsp	
SPICE, SALT, TABLE, IODIZED	0 lbs 2 oz	3 tbs 3/8 tsp	
PARSLEY	0 lbs 1 oz	7 tbs 1 1/4 tsp	

METHODS

- 1 Bake onions, unpeeled in a 350F. convection oven 20 minutes or until tender.
- 2 Peel onions, cut into wedges and drizzle with oil, vinegar and salt.
- 3 Place in serving dishes. Garnish with chopped parsley. CCP: Refrigerate product at 41F. or lower until ready to serve.