



GROUP RECIPE PRO - USAF - 2

Roasted Broccoli

Categories: Dinner, Lunch, Pure Food Bar

Yield: 10 lb **Prep Time:** 45 minutes **Portion Size:** 1/2 cup **Portions:** 25

Step 1

10 lb • Broccoli • Long stems cut after cook

Preheat oven to 400°F.

Cut and place Broccoli in a 4 inch hotel pan.

Step 2

1 qt • Vegetable marinate

Ladle dressing over vegetable and toss to coat. Add salt and pepper as needed. Add in fresh herbs if desired.

Kosher Salt to taste

Ground black pepper to taste

Spray a sheet pan with nonstick vegetable spray, then layer broccoli onto the pan. Roast broccoli at 400°F until tender and golden brown. Cool and reserve for service.

Fresh Herbs to taste • optional

Nutritional Analysis

Calories	203		
Protein	5g	20	10%
Carbs	10g	40	20%
Fat	18g	162	80%
Cholesterol			
Sodium	61mg		

Information is on a per portion basis.

Notes

Saturated Fat: 2g

Fiber: 6g

Sugar: 0g

G4G Code: Green

Sodium Code: Low

Created by: HBI User **Added on:** September 17, 2018 **Last updated:** October 10, 2018



GROUP RECIPE PRO - USAF - 2

Roasted Vegetable Marinate

Categories: Vegetables

Portion Size: Portions:
1 tbsp 500

Step 1

1 gal • Olive oil- California
1 gal • Vegetable stock • low sodium
1/2 cup • Granulated garlic

Mix all ingredients together and store in a container with lid in refrigerator for later use.

1 week shelf life.

Nutritional Analysis

Calories	59		
Protein	0g	0	0%
Carbs	0g	0	0%
Fat	7g	63	107%
Cholesterol			
Sodium	5mg		

Information is on a per portion basis.

Notes

Saturated Fat: 1g

Fiber: 0g

Sugar: 0g

G4G Code: Yellow

Sodium Code: Low

Created by:	Added on:	Last updated:
Lisa M Brefere	September 18, 2018	October 9, 2018