



GROUP RECIPE PRO - USAF - 2

Roasted Cauliflower

Categories: Dinner, Lunch, Pure Food Bar

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

Step 1

10 lb • Cauliflower • Thick florets

Preheat oven to 400°F.

Cut and place cauliflower in a 4 inch hotel pan.

Step 2

1 qt • Vegetable marinade

Ladle dressing over the cauliflower 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 cauliflower onto the pan. Roast cauliflower at 400°F until tender and golden brown. Cool and reserve for service.

Fresh Herbs to taste • optional

Nutritional Analysis

Calories	198		
Protein	4g	16	8%
Carbs	10g	40	20%
Fat	17g	153	77%
Cholesterol			
Sodium	66mg		

Information is on a per portion basis.

Notes

Saturated Fat: 2g

Fiber: 4g

Sugar: 4g

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