



GROUP RECIPE PRO - USAF - 2

Roasted Mushrooms

Categories: Dinner, Lunch, Pure Food Bar

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

Step 1

10 lb • Mushrooms • Buy out Sliced

Preheat oven to 400°F.

Place mushrooms in a 4 inch hotel pan.

Step 2

1 qt • Vegetable marinate

Kosher Salt to taste

Ground black pepper to taste

Fresh herbs to taste • optional

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

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

Nutritional Analysis

Calories	192		
Protein	5g	20	10%
Carbs	8g	32	17%
Fat	17g	153	80%
Cholesterol			
Sodium	22mg		

Information is on a per portion basis.

Notes

Saturated Fat: 2g

Fiber: 1g

Sugar: 3g

G4G Code: Yellow

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