

Category:Roasted Cauliflower

Q-109-51

Vegetables

G4G Color Code

green

Sodium Code

moderate

Yield

100 Portions

Each Portion

$\frac{3}{4}$ cup (2- $\frac{3}{4}$ oz)

Pan Size and Number

18 x 26-Inch Sheet Pans (8), 12 x 20 x 2- $\frac{1}{2}$ -Inch Steam Table Pans (4)



Ingredients

Item	Measure	Weight	Approx Issue
CAULIFLOWER, FRESH, 2- $\frac{1}{2}$ -INCH PIECES	10 gal	31 lb	37 lb 3 oz
OIL, CANOLA	3- $\frac{1}{2}$ cup	1 lb 9- $\frac{1}{2}$ oz	
SALT	2 tbsp + 2 tsp	1.76 oz	
PEPPER, BLACK, GROUND	1 tbsp + 1 tsp	0.33 oz	

Nutrition Facts

Calories	107
Carbohydrates	7 g
Sugars*	3 g
Protein	3 g
Fat	9 g
Saturated Fat	0.8 g
Cholesterol	0 mg
Sodium	254 mg
Calcium	31 mg
Fiber	2.8 g

Directions

1. In accordance with Armed Forces food safety protocol, reference the Produce Guideline Card for specific wash, sanitize, rinse and handling instructions for each fruit/vegetable in the recipe; this is critically important to ensure the safety of this food.
2. Combine cauliflower, oil, salt and pepper; mix well.
3. Spray each sheet pan with cooking spray.
4. Place 3 lbs 14 oz (2 gal 4 cup) on each sheet pan. Arrange the cauliflower into a single layer. Do not crowd the cauliflower on the pans.
5. Using a convection oven, roast at 350°F (177°C) on high fan, open vent for 15 to 17 minutes or until tender. CCP: Internal temperature must reach 145°F (63°C) or higher for 15 seconds.
6. Transfer cauliflower to serving pans. Serve immediately or CP: Hold for hot service at 135°F (57°C).

Temperature

350°F (177°C)

Time

15 - 17 min.

Recipe Notes

1. Two No. 10 scoops may be used for each portion.
2. *Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar together.
3. Original recipe number: Q-109-00