

Category:Roasted Brussels Sprouts, Carrots And Parsnips (Fresh)

Q-326-00

Vegetables

G4G Color Code

green

Sodium Code

moderate

Yield

100 Portions

Each Portion

¾ cup (5-½ oz)

Pan Size and Number

18 x 26-Inch Sheet Pans (6), 12 x 20 x 2-½ - Inch Steam Table Pans (4)



Ingredients

Item	Measure	Weight	Approx Issue
BRUSSELS SPROUTS, FRESH, TRIMMED, WHOLE	3 gal + 1-¾ qt	12 lb 11 oz	17 lb 2 oz
CARROTS, FRESH, PEELED, COINED ¾-¼-INCH THICK	2 gal + ½ qt	10 lb 13 oz	12 lb
PARSNIPS, FRESH, PEELED, COINED ¼ - ½-INCH THICK	1 gal + 3-¾ qt	8 lb 5 oz	9 lb 4 oz
OIL, CANOLA	2-¼ cup	1 lb	
SALT	3 tbsp + 1 tsp	2.4 oz	
PEPPER, BLACK, GROUND	1 tbsp + 2 tsp	0.40 oz	

Nutrition Facts

Calories	98
Carbohydrates	12 g
Sugars*	4 g
Protein	2 g
Fat	6 g
Saturated Fat	0.4 g
Cholesterol	0 mg
Sodium	302 mg
Calcium	36 mg
Fiber	3.2 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 Brussels sprouts, carrots, parsnips, oil, salt and pepper; mix well.
3. Spray each (12 x 26-inch) sheet pan with non-stick cooking spray.
4. Place 8 lb 5 oz (1 gal + 1 qt) on each sheet pan. Arrange the vegetables in a single layer.
5. Using a convection oven, roast at 350°F (177°C) on high fan, open vent for 13 to 15 minutes. CCP Internal temperature must reach 145°F (63°C) or higher for 15 seconds.
6. Transfer vegetables to serving pans. Serve immediately or CP: Hold for hot service at 135°F (57°C).

Temperature

350°F

Time

13 - 15 min.

Recipe Notes

1. Two No. 10 scoops may be used for each portion.
2. The size of Brussels sprouts can vary widely from small sprouts (<1 inch wide) to larger sprouts (1-½ to 2 inches wide). If working with larger sprouts; cut them in half in order to maintain the desired yield and to enable proper and even cooking.
3. *Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar together.
4. Original recipe number: Q-001-00