

Category:Roasted Parsnips (Fresh)

Q-327-00

Vegetables

G4G Color Code

green

Sodium Code

moderate

Yield

100 Portions

Each Portion

¾ cup (3 oz)

Pan Size and Number

18 x 26-Inch Sheet Pans (8)



Ingredients

Item	Measure	Weight	Approx Issue
PARSNIPS, FRESH, CHOPPED ½-1-INCH PIECES	6-¾ gal	28 lb 14 oz	36 lb
OIL, CANOLA	2-½ cup	1 lb 3 oz	
SALT	3 tbsp + 2 tsp	2-½ oz	
PEPPER, BLACK, GROUND	1 tbsp	0.22 oz	
COOKING SPRAY, NONSTICK	undefined	2 oz	

Nutrition Facts

Calories	161
Carbohydrates	26 g
Sugars*	6.9 g
Protein	1.7 g
Fat	6.3 g
Saturated Fat	0.5 g
Cholesterol	0 mg
Sodium	275 mg
Calcium	51 mg
Fiber	7.1 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. In a large mixing bowl, toss parsnips with oil, then sprinkle with salt and pepper. Mix well until seasoning is well distributed.
3. Lightly coat each (18 x 26-inch) sheet pan with nonstick cooking spray.
4. Place about 3 qt + 1-½ cup (3 lb 10 oz) parsnips on each sheet pan in a single layer.
5. Using a convection oven, roast parsnips at 425°F (218°C) for 12 to 14 minutes or until lightly to moderately browned and tender.
6. Serve immediately or CP: hold hot at 135°F (57°C).

Temperature

425°F (218°C)

Time

12 - 14 min.

Recipe Notes

1. Parsnips will need to be cut based on the width of the vegetable. The thicker end of the parsnip will need to be cut into smaller pieces (about ½-inch thick or cut lengthwise first and then cut into 1-inch pieces) while the thinner end will need to be cut into larger pieces (about 1-inch thick) to ensure even cooking of all pieces.
2. This recipe was developed using a Combi oven on the convection setting.
3. * Sugars represent the total grams of sugar in the recipe, naturally occurring and added sugar combined.
4. Original recipe number: Q-130-00