

Beets and Sweets

Wayzata Public Schools

HACCP Process: #2 Same Day Service
 Number of Portions: 30
 Portion Size: 4 oz. spoodle

One portion provides: 1/2 cup vegetables

Ingredients	
Beets, fresh/diced	5 lbs
Sweet potatoes, raw, chunks, without salt	5 lbs
Onions, raw, chopped	2 1/2 lbs
Olive oil	2/3 cup
Garlic, granulated	1 1/2 tbsp
Salt, table	2 tsp
Pepper, black	1 1/2 tbsp
Sugar, granulated	1 1/2 tbsp

Instructions

1. In a large bowl, combine all ingredients together. Mix well.
2. Place pan liners on two sheet pans. Divide and spread out mixture evenly between the two pans.
3. Bake in 400° F convection oven for 20 minutes. Remove and gently mix. Bake for additional 20 minutes or until vegetables are fork-tender.

CCP: Hold food for service at an internal temperature above 140° F.

Nutritional Information					
Calories	160	Iron	1 mg	Protein	3 g 7%
Cholesterol	0 mg	Calcium	45 mg	Carbohydrates	27 g 67.9%
Sodium	260 mg	Vitamin A	10,752 IU	Total Fat	5.0 g 28.3%
Dietary Fiber	5 g	Vitamin C	8 mg	Saturated Fat	0.7 g 4.0%
				Trans Fat	N/A g N/A%