

ROASTED VEGETABLES

Presented by Jeremy West and Matt Poling at the 2015 Healthy Flavors, Healthy Kids National Leadership Summit

Ingredients			Directions
	Weight	Measure	
Summer squash, zucchini, include skin, raw	2 lb.		<i>CCP: Heat to 145°F or higher for at least 15 seconds.</i> 1. Dice all vegetables into about ½-inch cubes. 2. Toss with salt, pepper, and oil. 3. Place 10 pounds on a sheet pan and roast in a 375°F oven until lightly browned. Approximately 15 to 20 minutes. <i>CCP: Cool to 70°F within 2 hours and from 70°F to 41°F or lower within an additional 4 hours</i>
Onions, raw	1 lb.		
Mushrooms, raw	1 lb.		
Peppers, sweet, red, raw	1 lb. + 4oz.		
Summer squash, all varieties, raw	2 lb.		
Olive oil, salad or cooking oil		2 Tbsp.	
Salt		1 tsp.	
Ground black pepper		½ tsp.	Yield: approximately 2.5 pounds

Nutrition Information (per pound, recipe yields approximately 2 ½ pounds)

Calories: 400/Protein: 19 g/Carbohydrate: 60 g/Fiber: 17 g
 Saturated fat: 2 g/Polyunsaturated fat: 2 g/Monounsaturated fat: 8 g
 Trans fat: 0 g/Cholesterol: 0 mg/Sodium: 510 mg/Potassium: 3215 mg