

Cumin-Roasted Broccoli

BY **CHEF NICK SPEROS**, SCHOOL FOOD CHEF, PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE

"This is a perfect side to serve with any meat. It is a great thing to cook and stay warm atop the ovens while getting the rest of lunch cooked. For best results, serve the broccoli immediately out of the oven; do not refrigerate, keep warm. Ideally, the crunch from the roasting will be the first sensation the kids get when they eat it."

—*Chef Nick, Project Bread's School Food Chef*

- 21 pounds frozen broccoli florets, thawed and cut into 2-inch pieces
- 1 cup vegetable oil
- 1 tablespoon salt
- 2 tablespoons ground cumin
- 2 oranges, grated zest and juiced

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: ½ CUP

Preheat oven to 400°F.

Working in batches, toss the ingredients together in a large bowl until combined.

Spread the broccoli out onto sheet pans that are lined with sprayed parchment paper. Be sure that the broccoli is not crowded together, as you want it to gain some color, not to steam.

Roast the broccoli for about 15 to 20 minutes, or until a nice golden brown color and it is somewhat soft. Keep in mind that the broccoli will continue to cook when it comes out of the oven.

Serve immediately or warm at room temperature.

NOTE: *This dish works wonderfully with farm-fresh broccoli, but frozen is a good substitute in large food-service facilities.*

NUTRITIONAL INFORMATION

CALORIES: 54; SODIUM: 102.38 MG; SATURATED FAT: 3.42%

USDA REQUIREMENTS MET

½ CUP DARK GREEN VEGETABLE