



ROASTED GREEN BEANS AND CARROT STICKS

SERVINGS: 100 SERVINGS CALORIES: 28 KCAL

Delores Johnstone, the cook who tested this dish at Westfield Middle School, found it kid-friendly, easy-to-prepare and delicious. "It was so tasty, I'll definitely cook it at home," she said.

INGREDIENTS

11 pounds Green beans, snapped
 1/4 cup 2 tablespoons Oil, olive
 5 pounds Carrot sticks, about 1/4 thick
 1 tablespoon Onion powder
 1 tablespoon Garlic powder
 1-1/2 teaspoon, to taste Thyme, dried
 1-1/2 teaspoon Rosemary leaves, dried
 1-1/2 teaspoon Salt
 1/2-1 teaspoon, to taste Pepper, black

INSTRUCTIONS

1. Steam the green beans and carrots together in a perforated pan until tender but still slightly firm, 5-10 minutes, depending on the intensity of the steamer. (Alternatively, they can be dropped into a large pot of rapidly boiling water, cooked, uncovered, then drained.)
2. Combine the oil, onion and garlic powder, thyme, rosemary, salt and pepper in a parchment-covered hotel pan.
3. Add the steamed vegetables and toss to thoroughly coat. (Reserve the pan for service.)
4. Roast vegetables in a single layer until tender but not mushy.
 Convection oven: 400°F about 10 minutes
 Conventional oven: 350°F about 8 minutes
5. Return to hotel pan(s) and serve.

RECIPE NOTES

CCP: Heat to 140°F or higher.

CCP: Hold for hot service at 140°F or higher.

Preparation Tips:

Oven Space: Vegetables cook in one layer, so allow for extra oven space.

Green Beans and Carrots: Cut down on labor by using already snapped beans and carrot sticks.

Thyme and Rosemary: If using fresh, 1 teaspoon dried=1 tablespoon fresh. To prepare, remove leaves from stems before using. Thyme leaves may be used whole, but rosemary should be coarsely chopped.

Crediting: 1/8 cup red/orange vegetable and 1/2 cup other vegetable

NUTRITION FACTS PER SERVING (0.5CUP)

Calories: 28 kcal | Fat: 0.06 g | Saturated fat: 0.01 g | Sodium: 53 mg | Carbohydrates: 6.32 g | Fiber: 1.86 g | Protein: 1.03 g

This recipe has not been tested or standardized by Healthy School Recipes. The outcome, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.