

Roasted Parsnip Chips



NUTRITION INFORMATION

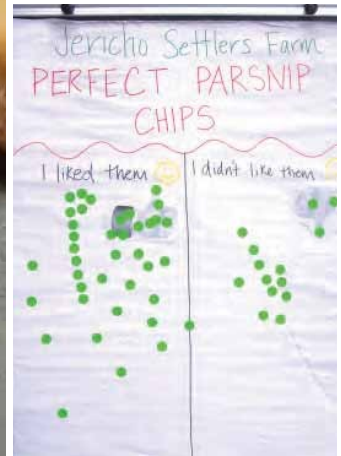
SERVING SIZE: ½ cup

Amount per Serving

Calories	109 kcal
Protein	1.04 g
Carbohydrate	7.43 g
Total Fat	8.84 g
Saturated Fat	1.34 g
Cholesterol	0 mg
Vitamin A	0.70 IU
Vitamin C	16.84 mg
Iron	0.28 mg
Calcium	48.55 mg
Sodium	164.72 mg
Dietary Fiber	2.94 g

EQUIVALENTS: ½ cup provides ½ cup starchy vegetable.

Recipe HACCP Process: #2 Same Day Service



Roasted Parsnip Chips • 50 servings (½ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD
			1 Preheat convection oven to 375°F.
Parsnips	16 lb		2 Peel parsnips and slice in a food processor fitted with a #6 slicing blade or cut ¼-inch thick with a knife. Toss in a large bowl with oil, salt and pepper. Divide among 4 full sheet pans and spread evenly.
Vegetable oil		2 cups	
Table salt		1 Tblsp	
Ground black pepper		1 Tblsp	
			3 Bake for 15 minutes. Turn the parsnips then reposition the pans in the oven by turning end to end. Bake until golden brown, about 15 minutes more. Serve hot as chips or cold in the salad bar.

NOTES

