

# Roasted Root Vegetables

University of Minnesota Extension

HACCP Process: #2 Same Day Service

One portion provides 1/2 cup vegetables

Number of Portions: 75

Portion Size: 1/2 cup

Ingredients	
Beets, fresh, diced	5 lbs
Sweet potatoes, raw, chunks, without salt	5 lbs
Parsnips, raw, chunks	5 lbs
Carrots, raw, thick-sliced	5 lbs
Olive oil	1 cup
Garlic, granulated	1 1/2 tbsp
Salt, table	2 tsp
Pepper, black	1 tbsp
Sugar, granulated	1 1/2 tbsp

## Instructions

1. Combine spices and oil and toss each type of vegetable separately
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	101	Iron	1 mg	Protein	2 g 6%
Cholesterol	0 mg	Calcium	35 mg	Carbohydrates	18 g 70%
Sodium	127 mg	Vitamin A	1,459 IU	Total Fat	3.0 g 28%
Dietary Fiber	4 g	Vitamin C	9 mg	Saturated Fat	0.4 g 4%
				Trans Fat	0.0 g 0.0%