

ROASTED ROSEMARY VEGETABLES

Serving: 1/2 cup

Vegetable

This recipe was tested in both the Middleborough and Monson Schools with great success. The Middleborough kids preferred it without the peppers, but the Monson kids ate it all! "We'll absolutely make this again," said Melody Gustofson, Monson Schools food service director.

INGREDIENTS	50 SERVINGS	100 SERVINGS	DIRECTIONS
*Peppers, bell, suntan (mixed green and red) or half green half red	1 lb 14 oz About 5 peppers	3 lbs 12 oz About 10 peppers	<ol style="list-style-type: none"> Cut peppers in half, lengthwise, discarding the stem and seeds. Cut each half into 4 pieces. Cut the unpeeled potatoes into about 1-1/2 inch wedges. Toss the potatoes in a large bowl or hotel pans with the carrots, peppers, oil, garlic, rosemary, salt and pepper. Spread vegetables on parchment-covered sheet pans in a single layer. Roast until the potatoes are cooked through and slightly browned. <p style="margin-left: 40px;">Convection oven: 400°F about 30-40 minutes Conventional oven: 425°F about 35-45 minutes</p> <p>CCP: Heat to 140°F or higher.</p> <ol style="list-style-type: none"> CCP: Hold for hot service at 140°F or higher.
*Carrots, thickly sliced	3 lbs 8 oz	7 lbs	
*Potatoes, new (red)	6 lbs	12 lbs	
Oil, preferably olive or an olive oil mix	1/4 cup	1/2 cup	
*Garlic, fresh, minced	1 Tbsp 1/2 tsp About 3-4 cloves	2 Tbsp 1 tsp About 7 cloves	
*Rosemary, fresh, coarsely chopped, or dried, crumbled	1 Tbsp 1/2 tsp fresh (1-1/8 tsp dried)	2 Tbs 1 tsp fresh (2-1/4 dried)	
Salt	1-3/4 tsp	1 Tbsp 1/2 tsp	
Black pepper	1/2 tsp	1 tsp	

* MA farm products needed for recipe. For ordering, see page 19.

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Preparation Tips:

- **Oven Space:** Vegetables cook in a single layer, so you need plenty of oven space.
- **Carrots:** *To cut thickly*, cut by hand or order thick-cut. Cut carrots are sometimes available from farm vendors. *If using standard cut carrots, your own or pre-cut*, add after potatoes have cooked 10 minutes, then stir and continue cooking.
- **Potatoes:** *To wash*, scrub with vegetable brush. Cut in half and then into approximately 1-1/2 inch wedges. To prevent cut potatoes from browning, use immediately, or cut potatoes can be tossed in olive oil as you work to prevent browning, if they are not held long. To hold longer, cover with cold water, then drain and dry before using.
- **Garlic:** *For an alternative to fresh garlic*, use whole peeled cloves or minced garlic. *To use fresh garlic*, pull cloves from garlic bulb. (If the bulb is too tight, wrap in towel and whack on counter to loosen.) *To remove skins*, crush cloves with the flat of a large knife, then peel. *To mince*, use a food processor or mince by hand. By hand, crush cloves with the flat of knife. Mince, keeping the point of the knife on the counter and rotating as you chop.
- **Rosemary:** *For fresh rosemary* remove leaves and discard stem. Chop leaves coarsely.

NUTRITIONAL ANALYSIS PER SERVING

Calories	42	Vitamin A (IU)	5636
Cholesterol (Mg)	0	Vitamin C (Mg)	31.81
Sodium (Mg)	108	Protein (G)	1.45
Fiber (G)	2.74	Carbohydrate (G)	7.24
Iron (Mg)	0.47	Total Fat (G)	1.2
Calcium (Mg)	15.2	Saturated Fat (G)	0.17