

WINTER VEGETABLE ROAST

Serving: 1/2 cup

Vegetable and Main

This is a classic roasted vegetable recipe, simplified with the help of already-prepped crinkle cut winter mix (butternut, rutabaga, potatoes) from Lanni Orchard. The students enjoyed the shapes of these vegetables and didn't realize that they were trying something new.

INGREDIENTS	50 SERVINGS	100 SERVINGS	DIRECTIONS
*Winter mix crinkle cut vegetables (or any combination of potatoes, rutabaga, butternut squash, cut 1 to 1-1/2 inches)	15 lbs	30 lbs	<ol style="list-style-type: none"> Toss the winter mix vegetables with all the ingredients: oil, lemon juice, garlic, salt, paprika, thyme, pepper. Roast in a single layer on parchment paper until cooked through (can be easily pierced with knife) and slightly browned. <div style="margin-left: 40px;"> Convection oven: 400°F about 20-25 minutes Conventional oven: 425°F about 25-30 minutes </div> Toss with enough chicken broth to moisten. CCP: Heat to 140°F or higher. CCP: Hold for hot service at 140°F or higher.
Oil, preferably olive or olive blend	1/4 cup 2 Tbsp	3/4 cup	
Lemon juice	1-1/2 Tbsp	3 Tbsp	
Garlic, chopped	1-1/2 tsp	1 Tbsp	
Salt	1-1/2 tsp	1 Tbsp	
Paprika	1 tsp	2 tsp	
Thyme, leaves, dried	1 tsp	2 tsp	
Pepper, black	1/2 tsp	1 tsp	
Chicken (or vegetable) broth	up to 1 cup	up to 2 cups	

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

WINTER VEGETABLE ROAST

Serving: 1/2 cup

Vegetable

Preparation Tips:

- **If You Purchase Pre-cut Vegetables**, use within a few days.
- **Oven Space:** Prepare this dish on a day when you have oven space as the vegetables have to be cooked in one layer.
- **Labor Saving:** When a mix of winter vegetables is not available, to save labor, order diced winter vegetables or dice them from already peeled vegetables.

NUTRITIONAL ANALYSIS PER SERVING			
Calories	81	Vitamin A (IU)	1266
Cholesterol (Mg)	0	Vitamin C (Mg)	20.38
Sodium (Mg)	89	Protein (G)	1.82
Fiber (G)	2.39	Carbohydrate (G)	15.84
Iron (Mg)	0.97	Total Fat (G)	1.83
Calcium (Mg)	31.8	Saturated Fat (G)	0.28