



## Roasted Carrots (Fresh)

Q-108-50

Vegetables

G4G Color Code

Green

Sodium Code

High

Temperature

425°F (218°C)

Yield

100 Portions

Each Portion

¾ cup (3-½ oz)

Pan Size and Number

18 x 26-Inch Sheet Pans (8)

Time

15 - 17 min.

### Nutrition Facts

Calories 115  
 Carbohydrates 14.7 g  
 Sugars\* 7.2 g  
 Protein 1.4 g  
 Fat 6.3 g  
 Saturated Fat 0.5 g  
 Cholesterol 0 mg  
 Sodium 422 mg  
 Calcium 51 mg  
 Fiber 4.3 g

### Ingredients

Item	Measure	Weight	Approx issue
CARROTS, FRESH, CHOPPED ½-1-INCH PIECES	7 gal + 1-½ qt	37 lb 5 oz	46 lb 10 oz
OIL, CANOLA	2-½ cup	1 lb 3 oz	
SALT	¼ cup + 2 tsp	3 oz	
PEPPER, BLACK, GROUND	1 tbsp + 1-½ tsp	0.32 oz	
COOKING SPRAY, NONSTICK		2 oz	

### Directions

1. In accordance with Armed Forces food safety protocol, reference the Produce Guideline Card for specific wash, sanitize, rinse and handling instructions for each fruit/vegetable in the recipe; this is critically important to ensure the safety of this food.
2. In a large mixing bowl, toss carrots with oil, then sprinkle with salt and pepper. Mix well until seasoning is well distributed.
3. Lightly coat each (18 x 26-inch) sheet pan with nonstick cooking spray.
4. Place about 3 qt + 2-¾ cup (4 lb 11 oz) carrots on each sheet pan in a single layer.
5. Using a convection oven, roast carrots at 425°F (218°C) for 15 to 17 minutes or until lightly to moderately browned and tender.
6. Serve immediately or CP: hold hot at 135°F (57°C).

### Recipe Notes

1. Carrots will need to be cut based on the width of the vegetable. The thicker end of the carrot will need to be cut into smaller pieces (about ½-inch thick or halved lengthwise and then cut into 1-inch pieces) while the thinner end will need to be cut into larger pieces (about 1-inch thick) to ensure even cooking of all pieces.
2. This recipe was developed using a Combi oven on the convection setting.
3. \* Sugars represent the total grams of sugar in the recipe, naturally occurring and added sugar combined.
4. Original recipe number: Q-108-00