



Cauliflower with Slivered Almonds and Raisins

Q-342-00
Vegetables

Color Code: Green
Sodium: Moderate

Yield: 100 Portions

Each Portion: $\frac{3}{4}$ cup (4 oz)

Pan Size and Number: 18 x 26-Inch Sheet Pans (7)

Temperature: 425°F (218°C)

Time: 14 - 16 min.

INGREDIENTS

Item	Measure	Weight	Approx issue
CAULIFLOWER, 1-2-INCH PIECES	8- $\frac{1}{2}$ gal	26 lb 15 oz	40 lb 7 oz
OIL, CANOLA	3- $\frac{1}{4}$ cup	1 lb 8 oz	
SALT	$\frac{1}{4}$ cup	2- $\frac{1}{2}$ oz	
PEPPER, BLACK, GROUND	1 tbsp	0.21 oz	
COOKING SPRAY, NONSTICK		2 oz	
ALMONDS, SLIVERED	1- $\frac{1}{4}$ qt + $\frac{1}{2}$ cup	1 lb 7 oz	
RAISINS, GOLDEN, SEEDLESS, NOT PACKED	1- $\frac{1}{4}$ qt + $\frac{1}{2}$ cup	1 lb 12 oz	
CILANTRO, CHOPPED	1- $\frac{3}{4}$ cup	4 oz	5 oz
JUICE, LEMON, BOTTLED	1- $\frac{1}{2}$ cup	11 oz	

DIRECTIONS

1. Prepare all fruits and vegetables in accordance with guideline card A-G-31. Cut cauliflower into 1 to 2 inch pieces; chop cilantro.
2. Preheat oven to 350°F (177°C) and 425°F (218°C).
3. In an oven, on convection mode, toast almonds at 350°F (177°C) for 8 to 10 minutes on low fan. Set aside for use in Step 8.
4. Combine cauliflower, canola oil, salt and pepper; toss together well.
5. Spray each sheet pan with cooking spray.
6. Place about 1 gal + 3 cups cauliflower on each sheet pan. Arrange the cauliflower into a single layer. Do not crowd the cauliflower on the pans.
7. In an oven, on convection mode, roast at 425°F (218°C) on high fan for 14 to 16 minutes or until tender. CCP: Internal temperature must reach 135°F (57°C).
8. In a mixing bowl combine roasted cauliflower, toasted almonds, raisins, cilantro and lemon juice. Toss well.
9. Serve immediately or CP: Hold for hot service at 135°F (57°F).

RECIPE NOTES

1. This recipe was developed using a Rationale Combi Oven set to convection mode. If using other models of combi oven or a convection oven, times may vary (using an older convection oven you may need to add a couple to few minutes to the cook time to achieve the desired end state for the recipe).
2. In Step 3, toasting almonds may be done ahead of time. Once toasted, cool almonds completely and store in an airtight container for up to two weeks.
3. In Step 8, cilantro can be substituted with equal parts chopped parsley.
4. * Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar combined.

NUTRITION FACTS

Calories	154
Carbohydrates	13 g
Sugars*	7 g
Protein	4 g
Fat	11 g
Saturated Fat	0.9 g
Sodium	295 mg
Calcium	42 mg
Fiber	3.8 g



Combat Capabilities Development Command-Soldier Center // U17-238