

# Cajun Roasted Potatoes

Q-070-51  
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 (8)

Temperature: 425°F  
(218°C)

Time: 14 min.

## INGREDIENTS

Item	Measure	Weight	Approx issue
SALT	$\frac{1}{3}$ cup	3- $\frac{1}{3}$ oz	
GARLIC, GRANULATED	$\frac{1}{3}$ cup	1- $\frac{3}{4}$ oz	
ONION, POWDER	$\frac{1}{4}$ cup	1- $\frac{1}{3}$ oz	
PEPPER, CAYENNE, GROUND	$\frac{1}{3}$ cup	1- $\frac{1}{4}$ oz	
PEPPER, WHITE, GROUND	$\frac{1}{4}$ cup	1 oz	
PEPPER, BLACK, GROUND	$\frac{1}{4}$ cup	0.86 oz	
THYME, GROUND	$\frac{1}{4}$ cup	0.80 oz	

BASIL, CRUSHED	¼ cup	0.41 oz	
OREGANO, CRUSHED	3 tbsp	0.28 oz	
POTATOES, WHITE, UNPEELED, ½ INCH WEDGES	8 gal	36 lb	36 lb
OIL, CANOLA	2-¾ cup	1 lb 5 oz	
COOKING SPRAY, NONSTICK		2 oz	

## DIRECTIONS

---

1. Prepare all fruits and vegetables in accordance with guideline card A-G 31. Slice potatoes to ½-inch wedges.
2. Preheat oven to 425°F (218°C).
3. In a small bowl combine salt, garlic, onion, cayenne pepper, white pepper, black pepper, thyme, basil and oregano; stir to combine.
4. In a large bowl, combine potatoes with oil and Cajun spice blend; toss thoroughly to evenly distribute spices. Lightly spray each sheet pan with nonstick cooking spray; transfer 1 gal (4 lb 8 oz) to each sheet pan.
5. In an oven on convection mode, roast potatoes at 425°F (218°C) for 14 minutes, or until lightly browned and tender. Serve immediately or CP: hold hot at 135°F (57°C).

## 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 may require extra cook time to achieve the desired final product).
2. This recipe can be made by using 2-½ cups (10-¾ oz) of a RTU Cajun seasoning.
3. \* Sugars represent the total grams of sugar in the recipe, naturally occurring and added sugar combined.

## NUTRITION FACTS

---

Calories	182
Carbohydrates	29 g
Sugars*	2 g
Protein	4 g
Fat	6 g
Saturated Fat	0.5 g
Sodium	380 mg
Calcium	32 mg
Fiber	3.4 g



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