

Roasted Onions

Q-036-50
Vegetables

Color Code: Green
Sodium: High

Yield: 100 Portions

Each Portion: $\frac{3}{4}$ cup (2- $\frac{7}{8}$ oz)

Pan Size and Number: 18 x 26-Inch Sheet Pans (3)

Temperature: 425°F
(218°C)

Time: 14 - 16 min.

INGREDIENTS

Item	Measure	Weight	Approx issue
ONIONS, YELLOW	2 gal + 2- $\frac{1}{2}$ qt	46 lb 10 oz	53 lb 10 oz
OIL, CANOLA	3 cup	1 lb 6 oz	
SALT	$\frac{1}{4}$ cup + 2 tbsp	3- $\frac{7}{8}$ oz	
PEPPER, BLACK, GROUND	3 tbsp	0.65 oz	
COOKING SPRAY, NONSTICK		2 oz	

DIRECTIONS

1. Prepare all fruits and vegetables in accordance with guideline card A-G-31. Dice onions to 1-inch.
2. Preheat oven to 425°F (218°C).

3. In a large mixing bowl, toss onions with oil, salt and pepper to evenly distribute spices.
4. Lightly coat each sheet pan with nonstick cooking spray.
5. Place about 3-¼ qt onion on each pan.
6. In an oven, on convection mode, roast potatoes at 425°F (218°C) for 14 to 16 minutes. CCP: Internal temperature must reach 135°F (57°C).
7. 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 you may need to add a couple to few minutes to the cook time to achieve the desired end state for the recipe).
2. * Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar combined.

NUTRITION FACTS

Calories	135
Carbohydrates	18 g
Sugars*	9 g
Protein	2 g
Fat	7 g
Saturated Fat	0.5 g
Sodium	431 mg
Calcium	41 mg
Fiber	2.6 g



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