



# Roasty Toasty Root Vegetables

A variety of hearty root vegetables roasted with fresh rosemary and garlic seasoning, served as a side dish.

**Recipe Project Name:** Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development  
*California Department of Education*

**Preparation Time:** 2 hours

**Cook Time:** 40 minutes

**NSLP/SBP crediting information:**

½ cup (4 oz spoodle) provides ⅛ cup red/orange vegetable, ⅛ cup starchy vegetable, ¼ cup other vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Parsnips, fresh, peeled, diced into 1-inch cubes	3 lb 10 oz	2 qt 1 cup	7 lb 4 oz	1 gal 2 cups	<b>To Prepare in Advance</b> <b>1.</b> Preheat oven to 375 °F for conventional oven or 350 °F for convection oven. <b>2.</b> Chop rosemary finely using a sharp chef's knife and clean cutting board.
Rosemary, fresh, leaves only	5 grams	3 Tbsp	10 grams	¼ cup 2 Tbsp	
*Carrots, fresh, peeled, diced into 1-inch cubes	3 lb	1 qt 3 ½ cups	6 lb	3 qt 3 cups	<b>To Prepare Vegetables</b> <b>3.</b> Combine carrots, parsnips, turnips, rutabagas, rosemary, oil, and garlic in large mixing bowl.
*Turnips, fresh, peeled, diced into 1-inch cubes	2 lb 8 oz	1 qt 2 ¼ cups	5 lb	3 qt ½ cup	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Rutabagas, fresh, peeled, diced into 1-inch cubes	2 lb 6 oz	1 qt 2 cups	4 lb 12 oz	3 qt	
Garlic, fresh, minced, or jarred, minced	9 oz	3 Tbsp	1 lb 2 oz	¼ cup 2 Tbsp	
Olive oil		3 Tbsp		¼ cup 2 Tbsp	
Salt, kosher	½ oz	1 Tbsp	1 oz	2 Tbsp	4. Add salt and pepper to the vegetables and mix well.
Black Pepper	1/5 oz	2 tsp	2/5 oz	1 Tbsp 1 tsp	5. Place vegetable mixture on sheet pans in an even layer. For 50 servings, use two 18" x 26" x 1" sheet pans. For 100 servings, use four 18" x 26" x 1" sheet pans. 6. Place pans in oven until nicely roasted, rotating pans at the halfway point of the cooking time. For conventional oven, roast in oven for 40 minutes. For conventional oven, roast in oven for 30 minutes. <b>Critical Control Point:</b> Heat to 135 °F or higher. 7. Remove pans and put vegetable mixture into steam table/hotel pans (12" x 20" x 4") for serving and hold until service. For 50 servings, use one 4-inch steam table/hotel pan. For 100 servings, use two 4-inch steam table/hotel pans. <b>Critical Control Point:</b> Hold for hot service at 135 °F or higher. 8. Portion ½ cup or one 4 oz spoodle of Roasty Toasty Root Vegetable mixture per serving.



**ROASTY TOASTY ROOT VEGETABLE  
NUTRITION INFORMATION**

For ½ cup (4 oz spoodle)

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>58</b>
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<b>Total Fat</b>	<b>1 g</b>
	0.2 g
Cholesterol	0 mg
<b>Sodium</b>	<b>134 mg</b>
<b>Total Carbohydrate</b>	<b>12 g</b>
	3 g
	3.4 g
Added Sugars included	0 g
<b>Protein</b>	<b>1 g</b>
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Vitamin A	4579 IU
Vitamin C	17.5 mg
Vitamin D	N/A
Calcium	38 mg
Iron	0 mg
Potassium	N/A

N/A=data not available.

**SOURCE:**

FY 2021 Cohort A Team Nutrition Training Grant

**\*MARKETING GUIDE**

<b>Food as Purchased for</b>	<b>50 Servings</b>	<b>100 Servings</b>
Parsnips	4 lb 6 oz	8 lb 12 oz
Carrots	3 lb 10 oz	7 lb 4 oz
Turnips	3 lb 4 oz	6 lb 8 oz
Rutabagas	2 lb 13 oz	5 lb 10 oz

**NOTES**

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Category: Side dish, vegetarian, plant-based option

Flavor profile: Mediterranean, garden recipe, plant-based option, side dish

Equipment Needed: Vegetable peeler, mixing spoons, oven mitts/heat resistant potholders, measuring cups and spoons, kitchen scale, mixing bowl, 4 oz spoodle.

For baking 50 servings, use two 18" x 26" x 1" sheet pans and for 100 servings, use four 18" x 26" x 1" sheet pans.

The food safety temperatures are based on the FDA Food Code. Some information included in this guide may be different in your state. Always check with your local regulatory authority (health department) or sponsoring organization (sponsor) for guidance on current food safety requirements in your operation.

**YIELD/VOLUME**

<b>50 Servings</b>	<b>100 Servings</b>
50 ½ cup or 4-oz spoodle servings.	100 ½ cup or 4-oz spoodle servings.
50 3.68-oz by weight servings	100 3.68-oz by weight servings
11.5 lb or one 4-inch hotel pan	23 lb or two 4-inch hotel pans

