## **Roasted Asparagus**

Cooking time: 20 minutes HACCP Process #2 Same Day Service



## 1 Serving Provides:

CACFP: ½ cup Vegetables NSLP: ½ cup Vegetables SFSP: ½ cup Vegetables

	12 S	ervings	24 Servings		
Ingredients	Weight	Measure	Weight	Measure	
Asparagus spears, fresh	5 pounds AP (2lbs 12oz EP)		10 pounds AP (5lbs 5oz EP)		
Olive oil or vegetable oil		1 Tablesppon + 1½ teaspoons		3 Tablespoons	
Salt		¼ teaspoon		1⁄4 teaspoon	
Black pepper		1∕₀ teaspoon		1⁄4 teaspoon	



## Directions

- 1. Preheat oven to 400°F. Wash asparagus spears and trim off the tough ends. Cut into 3-inch lengths.
- 2. Place asparagus in a large container. Add the oil, salt and pepper, and toss to coat the asparagus pieces.
- 3. Place asparagus in a single layer on a parchment-lined sheet pan being careful not to overcrowd the pan. For 12 servings use 3 half-size sheet pans. For 24 servings use 6 half-size sheet pans or 3 full-size sheet pans.
- 4. Roast in the preheated oven for 12–15 minutes, or until the asparagus pieces are lightly browned and blistered.

CCP: Heat to 140°F or higher. CCP: Hold for hot service at 135°F or higher. Serve ½ cup portions.

Serving	Yield	Volume	Nutrients Per	Nutrients Per Serving							
½ cup	12 Servings: about 2½ pounds	12 Servings: about 1½ quarts	Calories	36	Sodium	26 mg	Vitamin A	757 IU			
24 Servings: about 5 pounds	24 Servings: about 3 quarts	Total Fat	1.9 g	Carbohydrate	4 g	Vitamin C	6 mg				
		Saturated Fat	0.2 g	Dietary Fiber	2 g	Iron	2 mg				
			Cholesterol	0 mg	Protein	2 g	Calcium	24 mg			

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. ©2016 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.