


# 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

Ingredients	12 Servings		24 Servings	
	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 Tablespoon + 1½ teaspoons		3 Tablespoons
Salt		⅛ teaspoon		¼ teaspoon
Black pepper		⅛ teaspoon		¼ 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
½ cup	12 Servings: about 2½ pounds 24 Servings: about 5 pounds	12 Servings: about 1½ quarts 24 Servings: about 3 quarts

Nutrients Per Serving					
Calories	36	Sodium	26 mg	Vitamin A	757 IU
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