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





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 48 servings use 6 full-size sheet pans, for 96 servings use 12 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 | 48 Servings: about 10 pounds | 48 Servings: about 1½ gallons |
| | 96 Servings: about 20 pounds | 96 Servings: about 3 gallons |

| 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 | |

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