Roasted Parsnips and Carrots

Cooking time: 30 minutes HACCP Process #2 Same Day Service



1 Serving Provides:

CACFP: ½ cup Vegetables NSLP: ¼ cup Starchy Vegetables, ½ cup Red/Orange Vegetables SFSP: ½ cup Vegetables

24 Servings **12 Servings** Ingredients Weight Measure Weight Measure Parsnips, fresh, washed 1 pound 8 ounces 3 pounds and peeled Carrots, fresh, washed 1 pound 8 ounces 3 pounds and peeled Olive oil or vegetable oil 2 Tablespoons 1/4 cup Salt 1/4 teaspoon 1/2 teaspoon Garlic powder 1/4 teaspoon 1/2 teaspoon Black pepper 1/8 teaspoon 1/4 teaspoon



Directions

1. Preheat oven to 400°F. Cut the peeled parsnips and carrots into uniform pieces. Try cutting them into 3-inch x ½-inch sticks. Or cut the vegetables in half lengthwise and slice each diagonally into 1-inch thick slices.

2. Place cut parsnips and carrots into a large mixing bowl. Add the vegetable oil and stir to coat the carrots and parsnips.

3. In a small bowl stir together the salt, garlic powder and black pepper. Add to the carrots and parsnips and stir until the vegetables are well coated with seasonings.

- 4. Spray sheet pans with pan-release spray. For 12 servings use 2 half-size sheet pans. For 24 servings use 4 half-size sheet pans or 2 full-size sheet pans. Place vegetables in a single layer on prepared sheet pans being careful not to overcrowd the pan.
- 5. Roast in the preheated oven for 20–30 minutes, stirring the vegetables half way through the time. The carrots and parsnips should be caramelized to a medium brown 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 2 pounds 24 Servings: about 4 pounds	12 Servings: about 6 cups 24 Servings: about 12 cups	Calories Total Fat Saturated Fat	87 2.6 g 0.2 q	Sodium Carbohydrate Dietary Fiber	93 mg 16 g 4 a	Vitamin A Vitamin C Iron	9531 IU 13 mg 0.5 mg	
			Cholesterol	0 mg	Protein	1g	Calcium	39 mg	

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