## Roasted Parsnips and Carrots

## S 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

la sus di sata	12 Servings		24 Servings	
Ingredients	Weight	Measure	Weight	Measure
Parsnips, fresh, washed and peeled	1 pound 8 ounces		3 pounds	
Carrots, fresh, washed and peeled	1 pound 8 ounces		3 pounds	
Olive oil or vegetable oil		2 Tablespoons		1⁄4 cup
Salt		1⁄4 teaspoon		½ teaspoon
Garlic powder		1/4 teaspoon		½ teaspoon
Black pepper		<sup>1</sup> /8 teaspoon		1/4 teaspoon



- 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  $\frac{1}{2}$  cup portions.

Serving	Yield	Volume
½ cup	12 Servings: about 2 pounds 24 Servings: about 4 pounds	12 Servings: about 6 cups 24 Servings: about 12 cups

Nutrients Per	Serving				
Calories Total Fat Saturated Fat Cholesterol	87 2.6 g 0.2 g 0 mg	Sodium Carbohydrate Dietary Fiber Vitamin A	93 mg 16 g 4 g 9531 IU	Vitamin C Iron Calcium	13 mg 0.5 mg 39 mg

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