

Roasted Brussels Sprouts

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



1 Serving Provides:

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

Ingredients	12 Servings		24 Servings	
	Weight	Measure	Weight	Measure
Brussels sprouts, trimmed, ready to use	1 pound 8 ounces		3 pounds	
Olive oil or vegetable oil		2 Tablespoons		¼ cup
Salt		¼ teaspoon		½ teaspoon
Black pepper		¼ teaspoon		½ teaspoon
Lemon juice		1½ teaspoons		1 Tablespoon



Directions

1. Preheat the oven to 400° F. Cut large Brussels sprouts in half from top to bottom, leave small Brussels sprouts whole. Place Brussels sprouts in a large mixing bowl. Add the vegetable oil and stir to coat the vegetables.
2. Add the salt and pepper and stir until the vegetables are well coated with seasonings.
3. 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.
4. Roast in the preheated oven for 20–30 minutes, stirring the vegetables half way through the time. The Brussels sprouts should be caramelized to a medium brown. Remove from the oven and drizzle with the lemon juice. Stir to distribute the lemon juice evenly.

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 1½ pounds 24 Servings: about 3 pounds	12 Servings: about 6 cups 24 Servings: about 12 cups

Nutrients Per Serving					
Calories	45	Sodium	62 mg	Vitamin A	427 IU
Total Fat	2.5 g	Carbohydrate	5 g	Vitamin C	48 mg
Saturated Fat	0.2 g	Dietary Fiber	2 g	Iron	0.8 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.