

# Roasted Parsnips and Carrots



## 1 Serving Provides:

CACFP: ½ cup Vegetables

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

SFSP: ½ cup Vegetables

Cooking time: 30 minutes

HACCP Process #2 Same Day Service

Ingredients	12 Servings		24 Servings	
	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		¼ cup
Salt		¼ teaspoon		½ teaspoon
Garlic powder		¼ teaspoon		½ teaspoon
Black pepper		⅛ teaspoon		¼ 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
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	87	Sodium	93 mg	Vitamin A	9531 IU
Total Fat	2.6 g	Carbohydrate	16 g	Vitamin C	13 mg
Saturated Fat	0.2 g	Dietary Fiber	4 g	Iron	0.5 mg
Cholesterol	0 mg	Protein	1 g	Calcium	39 mg