

Recipe Name: Roasted Autumn Vegetables			
Ingredients	For 50 Servings		Directions
	Weight	Measure	
Sweet Potatoes, diced	5½ lbs.		1. Preheat oven to 400 F. Lay vegetables on a baking tray and spray liberally with cooking spray.
Beets, peeled and diced	3½ lbs.		
Butternut Squash, peeled diced	3½ lbs.		
Cooking Spray			
Salt		1 T.	2. Toss vegetables with salt and pepper and herbs.
Black Pepper		1½ T.	
Thyme, minced		2 T.	
Rosemary, chopped		2 T.	
			3. Roast at 400 F for 20-30 minutes or until vegetables are tender.
			4. May be served hot or cold.

Serving Size for Grades: K-8 is: ½ c. (unit: cup, fl oz, each) Serving Utensil: _____

Serving Size for Grades: 9-12 is: ½ c. (unit: cup, fl oz, each) Serving Utensil: _____

Total Yield for 50 (# servings recipe makes) is: 12.5 (number) _____ Lbs. _____ (unit: lbs, gal, OR # pans and # servings/pan)

Meal Pattern Contributions

½ c. red/orange vegetables
