

Roasted Autumn Vegetables - CACFP



General Information

Recipe #	Category	Source
1691436	Vegetables 	Local

Ingredients

Name	Quantity	+	Quantity 2
Sweet potato, raw, unprepared (Includes foods for USDA's Food Distribution Program)	10 3/4 oz.		
Beets, raw	6 3/4 oz.		
Squash, winter, butternut, raw	6 3/4 oz.		
Rosemary, fresh	3/4 tsp.		
Vegetable oil, palm kernel	1 1/2 tsp.		
Salt, table	3/8 tsp.		
Spices, pepper, black	< 1/8 tsp. ground		
Spices, thyme, dried	3/4 tsp. leaves		

Preparation Instructions

HACCP Process: #2 - Same Day Service

1. Peel and medium dice potatoes, beets, and butternut squash. Chop rosemary.
2. Lay each type of vegetable on a different baking sheet and coat with oil.
3. Season with salt, pepper, rosemary, and thyme.
4. Roast at 400° F for 30 minutes or until vegetables are tender (beets typically take 5 minutes longer to become tender).
5. Combine for service. May be served hot or cold.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination.



Roasted Autumn Vegetables - CACFP

Serving Size	Yield
0.5 Cup	6.00

Nutrition Facts

Serving Size 0.5 Cup (115 gm)

Amount Per Serving		
Calories		80.708
% Daily Value*		
Total Fat	1.212gm	1.865%
Saturated Fat	0.916gm	4.582%
Trans Fat	0.000* gm	
Cholesterol	0.000mg	
Sodium	193.096mg	8.046%
Total	16.892gm	5.631%
Carbohydrate		
Dietary Fiber	3.081gm	12.323%
Total Sugars	4.933* gm	
Includes 0.000 gm of Added Sugars		
Protein	1.628gm	3.255%
Vitamin A, RAE	523.643mcg	58.183%
Vitamin C	9.496mg	15.827%
Vitamin D	0.000mcg	
Calcium	37.961mg	3.796%
Iron	0.937mg	5.205%
Potassium	384.870mg	8.189%
Saturated Fat % of Calories		10.22 %

* Indicates missing Nutrient Information.
^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.

This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

Vegetables can be steamed from fresh, frozen or canned product. Wash, peel and cut up product into desired size pieces, if needed.

Place product in a clean perforated pan.

Vegetables can be steamed in an oven, steam kettle or steamer. To steam in an oven, place perforated pan in a 4" deep pan that contains at least 2 cups of water. Cover tightly with foil. To steam in a steamer, follow instructions for your particulate steamer. Do not add water to vegetables. To steam in a steam jacketed kettle, follow manufacturer instructions.

CCP: Heat to 135° F or higher for at least 15 seconds.

Remove product from steamer, kettle or oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

CCP: Product should be served immediately. Ensure that hot food is held at a temperature above 135° F.

CORRECTIVE ACTION HOT FOOD: All cooked food items being held for service that drop below 135 degrees must be removed from service until such time as they are reheated to 135 degrees. Any food not eaten after reheating must be discarded.

CCP: The quality of vegetables deteriorates quickly after cooking. Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

CCP: Record time and internal temperature of completed recipe on daily log.

Dates

Last Updated	Created
02-20-2025	10-09-2024

Meal Components

Component	Measurement
Red/Orange	0.375 cups
Other Vegetables	0.125 cups

Added Sugar Limitations ⓘ

Not applicable.

Edit Recipe