

Roasted Cauliflower - CACFP



General Information

Recipe #	Category	Source
1752829	Vegetables 	Local

Ingredients

Name	Quantity	+	Quantity 2
Cauliflower, raw	14 ½ oz.		
Salt, table	⅛ tsp.		
Spices, cinnamon, ground	¼ tsp.		
Spices, coriander leaf, dried	⅜ tsp.		
Spices, cumin seed	⅜ tsp. ground		
Spices, thyme, dried	¼ tsp. leaves		
Oil, palm	1 tbsp., ⅞ tsp.		

Preparation Instructions

HACCP Process: #2 - Same Day Service

1. Clean and cut cauliflower into bite sized pieces if not already in florets.
2. Combine cauliflower, salt, cinnamon, coriander, cumin, thyme, and oil. Mix until fully coated.
3. Place on a sheet tray, or 18 x 13 inch tray, lined with parchment and place in a 400° F oven for 20 minutes or until golden brown and tender.

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. 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.



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Serving Size	Yield
0.5 Cup	6.00

Nutrition Facts

Serving Size 0.5 Cup (71 gm)

Amount Per Serving	
Calories	43.720
% Daily Value*	
Total Fat	3.112 gm 4.788%
Saturated Fat	1.511 gm 7.554%
Trans Fat	0.000* gm
Cholesterol	0.000 mg
Sodium	67.356 mg 2.806%
Total Carbohydrate	3.635 gm 1.212%
Dietary Fiber	1.482 gm 5.927%
Total Sugars	1.310 gm
Includes 0.000 gm of Added Sugars	
Protein	1.359 gm 2.718%

Vitamin A, RAE	0.457 mcg 0.051%
Vitamin C	33.076 mg 55.126%
Vitamin D	0.000* mcg
Calcium	20.320 mg 2.032%
Iron	0.570 mg 3.168%
Potassium	209.482 mg 4.457%

Saturated Fat % of Calories 31.1 %

* 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.

Meal Components

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.

Component	Measurement
Other Vegetables	0.5 cups

Added Sugar Limitations ⓘ

Not applicable.

Dates

Last Updated	Created
08-26-2025	02-20-2025

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