

Roasted Turnips - CACFP



General Information

Recipe #	Category	Source
1752900	Vegetables 	Local

Ingredients

Name	Quantity	+	Quantity 2
Turnips, raw	1 lbs., 6 1/8 oz.		
Onions, raw	1/2 c., 1 tbsp., 1 7/8 tsp. chopped, raw to prepared		
Rosemary, fresh	3/8 tsp.		
Thyme, fresh	1/2 tsp.		
Garlic, raw	1/2 tsp.		
Vegetable oil, palm kernel	3/4 tsp.		
Salt, table	1/4 tsp.		
Spices, pepper, black	1/8 tsp. ground		

Preparation Instructions

HACCP Process: #2 - Same Day Service

1. Wash turnips then medium dice turnips and onions. Remove leaves of herbs from the stems and chop. Mince garlic.
2. In a large bowl, combine all ingredients. Toss until turnips and onions are well coated in oil and herbs.
3. Place mixture onto 2 half sheet pans that are lined with parchment paper. Roast in a 400° F oven for 30-40 minutes or until golden brown and tender. Hold hot and uncovered for service.

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.



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Serving Size	Yield
0.5 Cup	6.00

Nutrition Facts

Serving Size 0.5 Cup (114 gm)

Amount Per Serving	
Calories	37.953
% Daily Value*	
Total Fat	0.663gm 1.02%
Saturated Fat	0.461gm 2.304%
Trans Fat	0.000* gm
Cholesterol	0.000 mg
Sodium	163.330 mg 6.805%
Total Carbohydrate	7.649 gm 2.55%
Dietary Fiber	2.057 gm 8.228%
Total Sugars	4.336* gm
Includes 0.000 gm of Added Sugars	
Protein	1.059 gm 2.118%
Vitamin A, RAE	0.226 mcg 0.025%
Vitamin C	22.735 mg 37.891%
Vitamin D	0.000 mcg
Calcium	34.363 mg 3.436%
Iron	0.354 mg 1.968%
Potassium	214.175 mg 4.557%

Saturated Fat % of Calories 10.928 %

* 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 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.

Component	Measurement
Other Vegetables	0.5 cups

Added Sugar Limitations ⓘ

Not applicable.

Dates

Last Updated	Created
02-20-2025	02-20-2025

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