



Vegetables - Roasted

Makes: 50 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
20 cups+	Vegetables (one or more varieties)	5 L+
½ cup	Vegetable oil	125 mL
1 tsp	Salt	5 mL

Examples of vegetables suitable to be roasted:

Dark green, orange, and red:	Other:
asparagus (cooked)	beans, yellow
beets	cauliflower
beans, green	eggplant
broccoli	mushrooms
brussel sprouts	onions
carrots	parsnips
leeks	peppers (yellow)
peppers (green, red/orange)	potatoes
pumpkin	turnips
snow peas	
squash (acorn, butternut, spaghetti, etc.)	
sweet potatoes	
yams	
zucchini	

Note 1: Instructions and cooking instructions are on page 2.

Instructions

1. Preheat oven to 400°F (205°C).
2. Wash and chop vegetables. Toss with olive oil and salt.
3. Spread vegetables on a parchment-lined baking sheet. If roasting more than one vegetable, it is best to use multiple trays. Or, if using one tray for multiple vegetables, spread the vegetables out in sections. (This way, if one vegetable cooks faster than the others, you can remove it from the tray more easily.)
4. Roast for 20 – 60 minutes until vegetables are golden.

Note 2: Potatoes, squash, and root vegetables require at least 1 hour cooking time. Most other vegetables are ready within 20 – 30 minutes.

Nutrition Information
Serving 125 mL (½ cup)
Nutrition information varies depending on the vegetable used.
Fat 2 g
Sodium 40 mg

Food Guide Servings
1 Vegetable & Fruit