

# Harvest Blend Roasted Vegetables

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process #2-Same Day Service

YIELD

50 Servings

100 Servings

Skill Level: Advanced

Ingredients	Weight	Measure	Weight	Measure
Sweet Potatoes, fresh, whole	4 lbs.		8 lbs.	
OR	OR		OR	
Sweet potatoes, peeled, 1-inch cubes	3 lbs.		6 lbs.	
Butternut Squash, fresh, whole	3 lbs. 8 oz.		7 lbs.	
Carrots, fresh, whole	3 lbs.		6 lbs.	
OR	OR		OR	
Carrots, fresh, peeled, 1-inch slices	2 lbs.		4 lbs.	
Beets, fresh, whole	3 lbs.		6 lbs.	
Oil		½ cup		1 cup
Salt		2 Tbsp.		¼ cup
Black pepper		1 tsp.		2 tsp.
Herbs de Provence		3 Tbsp.		¼ cup + 2 Tbsp.

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP - Standard Operating Procedure- Wash all produce before starting this recipe.

## Preparation

1. Pre-heat oven to 400 degrees Fahrenheit.
2. Cut butternut squash and sweet potatoes into 1-inch cubes and place in a large mixing bowl. \*Can purchase peeled, diced squash and sweet potatoes.
3. Cut carrots into 1-inch slices or use pre-sliced carrots and combine with squash and potatoes in the large mixing bowl.
4. Peel beets just as you would a potato, wearing gloves helps with staining, add to the other vegetables.
5. Toss the vegetable mix with oil, in the large mixing bowl.
6. Add the salt, pepper and Herbs de Provence over the cut vegetables and toss until all are coated evenly. Place on ungreased sheet pan(s) with parchment paper, making sure vegetables have space on the sheet pan.  
\*If they are too close, they will steam and not become crispy.
7. Place in oven at 400 degrees for 25-30 minutes, until vegetables are tender and brown (can be pierced easily with a fork).

## Serving Information

Use a 4-ounce spoodle to portion ½ cup roasted vegetables to provide ⅜ cup red orange vegetable and ¼ cup other vegetable.

OR

Use a 2-ounce spoodle to portion ¼ cup roasted vegetables to provide ¼ cup vegetable serving.

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## Continued

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**Nutrition Information** per ½ cup serving \*From USDA Nutrient Database

Calories: 88 Total Fat: 2.3g Saturated Fat: 0.3g Monounsaturated Fat: 1.6g Polyunsaturated Fat: 0.3g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 16g Fiber: 3g Total Sugar: 5g Protein: 2g Sodium: 340mg Vitamin A: 654µg Vitamin C: 10.5mg Calcium: 40mg Iron: 0.8mg Folate: 47µg

