

ROASTED BEETS

Hartford Public Schools, FCNS - 2018

Grades: K-12

Yield: 25 or 50 portions

| INGREDIENTS | 25 SERVINGS | | 50 SERVINGS | | DIRECTIONS |
|---|-------------|---------|-------------|---------|---|
| | WEIGHT | MEASURE | WEIGHT | MEASURE | |
| Fresh beets | 6.5 lbs. | | 13 lbs. | | <ol style="list-style-type: none"> Sanitize work area with bleach & water solution. Wash hands. Put on food service gloves. <p>Cooking Methods:</p> <ol style="list-style-type: none"> Wash beets. Preheat oven to 350°F degrees. Remove top from beet to create a flat surface. Place beets on sheet pan cut side down. Roast for 1 hour until tender. Remove from oven and let cool down before peeling. Peel beets then cut into bite size pieces. Place beets in a mixing bowl and season with olive oil salt and pepper. Transfer beets to a 4 inch half pan and serve immediately. |
| Olive oil | | ¾ cup | | 1 ½ cup | |
| Salt (optional) | | 1 ½ tsp | | 1 Tbsp | |
| Black pepper | | 1 Tbsp | | 2 Tbsp | |
| <p>Serving Size: ½ cup, 4 oz spoodle</p> <p>Meal Pattern Contribution: ½ cup Other Vegetable</p> <p>Notes: 1 lb of beets without tops, cooked, and sliced = 7.7 (¼ cup) portions</p> | | | | | <p>HACCP/Serving Instructions</p> <ol style="list-style-type: none"> Hold at 140°F or higher throughout serving. Check temperature again during serving. If below 140°F, remove from line and reheat to 165°F. Garnish with fresh parsley (optional). |

Recipe and Meal Contribution Review completed by Put Local on Your Tray.

SFAs must check the crediting information for accuracy prior to including the item in reimbursable meals.

