


Roasted Asparagus

 Cooking time: 20 minutes
HACCP Process #2 Same Day Service



1 Serving Provides:

CACFP: ½ cup Vegetables

NSLP: ½ cup Vegetables

SFSP: ½ cup Vegetables

Ingredients	48 Servings		96 Servings	
	Weight	Measure	Weight	Measure
Asparagus spears, fresh	20 pounds AP (10lbs 10oz EP)		40 pounds AP (21lbs 4oz EP)	
Olive oil or vegetable oil		¼ cup + 2 Tablespoons		¾ cup
Salt		½ teaspoon		1 teaspoon
Black pepper		½ teaspoon		1 teaspoon



Directions

1. Preheat oven to 400°F. Wash asparagus spears and trim off the tough ends. Cut into 3-inch lengths.
2. Place asparagus in a large container. Add the oil, salt and pepper, and toss to coat the asparagus pieces.
3. Place asparagus in a single layer on a parchment-lined sheet pan being careful not to overcrowd the pan. For 48 servings use 6 full-size sheet pans, for 96 servings use 12 full-size sheet pans.
4. Roast in the preheated oven for 12-15 minutes, or until the asparagus pieces are lightly browned and blistered.

CCP: Heat to 140°F or higher.

CCP: Hold for hot service at 135°F or higher.

Serve ½ cup portions.

Serving	Yield	Volume
½ cup	48 Servings: about 10 pounds 96 Servings: about 20 pounds	48 Servings: about 1½ gallons 96 Servings: about 3 gallons

Nutrients Per Serving					
Calories	36	Sodium	26 mg	Vitamin A	757 IU
Total Fat	1.9 g	Carbohydrate	4 g	Vitamin C	6 mg
Saturated Fat	0.2 g	Dietary Fiber	2 g	Iron	2 mg
Cholesterol	0 mg	Protein	2 g	Calcium	24 mg