


Roasted Brussels Sprouts

 Cooking time: 30 minutes
HACCP Process #2 Same Day Service



1 Serving Provides:

CACFP: ½ cup Vegetables
NSLP: ½ cup Other Vegetables
SFSP: ½ cup Vegetables

Ingredients	48 Servings		96 Servings	
	Weight	Measure	Weight	Measure
Brussels sprouts, trimmed, ready to use	6 pounds		12 pounds	
Olive oil or vegetable oil		½ cup		1 cup
Salt		1 teaspoon		2 teaspoons
Black pepper		1 teaspoon		2 teaspoons
Lemon juice		2 Tablespoons		¼ cup



Directions

1. Preheat the oven to 400° F. Cut large Brussels sprouts in half from top to bottom, leave small Brussels sprouts whole. Place Brussels sprouts in a large mixing bowl. Add the vegetable oil and stir to coat the vegetables.
2. Add the salt and pepper and stir until the vegetables are well coated with seasonings.
3. Spray sheet pans with pan-release spray. For 48 servings use 4 full-size sheet pans, for 96 servings use 8 full-size sheet pans. Place vegetables in a single layer on prepared sheet pans being careful not to overcrowd the pan.
4. Roast in the preheated oven for 20–30 minutes, stirring the vegetables half way through the time. The Brussels sprouts should be caramelized to a medium brown. Remove from the oven and drizzle with the lemon juice. Stir to distribute the lemon juice evenly.

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 6 pounds 96 Servings: about 12 pounds	48 Servings: about 1½ gallons 96 Servings: about 3 gallons

Nutrients Per Serving					
Calories	45	Sodium	62 mg	Vitamin A	427 IU
Total Fat	2.5 g	Carbohydrate	5 g	Vitamin C	48 mg
Saturated Fat	0.2 g	Dietary Fiber	2 g	Iron	0.8 mg
Cholesterol	0 mg	Protein	2 g	Calcium	24 mg

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