

Savory Roasted Mushrooms

Recipe:	R-4818	HACCP Process:	Same Day Service	
# of Servings:	15.00	Serving Size:	1/2 Cup	Source: Gretna FAN
Grams Per Serving:	102.19	Ounces per Serving	3.66	Meal Components: each ½ cup serving provides ½ other vegetable credit.

Ingredients	Measurements	Directions
Fresh Sliced Mushrooms, RTU Onions, raw BUTTERMIST; food spray, butter flavored, pan release, high smoke point. 6/14oz PEPPER, BLACK, GROUND #1 PEPPER, BLACK, GROUND #1 Garlic Powder	3 LB 1 LARGE 2 TBSP 1 TSP 1 TBSP	<p>1. Ingredients:</p> <p>2. Day of Service: Pre-prep: Clean and sanitize workstation. Pull all ingredients and place at workstation. Prep: Rinse, wipe off any dirt with a wet cloth. Try not to soak the mushrooms in water. Wash hands thoroughly. Slice mushrooms and set aside. Peel the large onion and slice. Wash hands. Mix pepper, salt, and garlic powder together.</p> <p>Place mushrooms on a well sprayed parchment lined sheet pan. Top with sliced onions. Season from high, spray again and season again. Toss to mix.</p> <p>CCP: Prepare foods at room temperature in two hours or less. CCP: Wash hands for 20 seconds in a hand sink, dry properly, and put on gloves before beginning preparation. Repeat process as often as needed per HACCP guidelines.</p> <p>3. Cook: Roast in pre-heated 375° F convection oven for 15 minutes. CCP: Heat until an internal temperature is reached of 140°F for 15 seconds CCP: Batch cook as necessary to insure best end product and nutritional.</p> <p>4. Hold: in warmer uncovered for service. CCP: Hold above 135°F CCP: Batch cook as necessary to insure best end product and nutritional.</p> <p>5. Serve: ½ cup of roasted mushrooms using a 4 oz. spoodle. CCP: Hold above 135°F</p>

Notes:

Production Notes: Food Ingredients Selected for Recipe
 Food As Purchased, APPurchase UnitServings per Purchase Unit, EP Serving Size per Meal Contribution Action
 Vegetables
 Mushrooms, fresh
 Whole
 Pound 8.30 1/4 cup sliced, cooked, drained vegetable
 Vegetables
 Onions, Mature, fresh
 Yellow, Jumbo, Whole
 Pound 5.70 1/4 cup sliced, grilled vegetable

Note: you can purchase pre-sliced mushrooms and sub for the whole mushrooms. The FBG does include this for yields on fresh but not cooked.

Serving Notes: Each servings weighs 102.19 Grams or 3.66 ounces per.
 Each 1/2 cup provides 1/2 cup other vegetable credit.
 Each sheet pan provides 15 - 1/2 cup servings

Nutrients Per Serving:		(per 1/2 Cup)			
Calories	26.098	Trans Fat (gm)	0.000*	Iron (mg)	0.513
Protein (gm)	3.020	Chol (mg)	0.000	Calc (mg)	5.630
Carb (gm)	4.361	Vit A (IU)	0.200	Sodium (mg)	162.509
Tot Fat (gm)	0.323	Vit C (mg)	2.653	Fiber (gm)	1.135
Sat Fat (gm)	0.051			Sugars (gm)	2.216*

Note: * means nutrient data is missing or not available.

Meal Components:		(per 1/2 Cup)				
Fruit (Cups)	Vegetables (Cups)					0.500
	Dark Green	Red/Orange	Beans/Peas	Starchy	Other	
Whole Grain- Rich (Oz. Eq.)	Enriched Grain (Oz. Eq.)		Meat/Alt (Oz. Eq.)	Fluid Milk (Cups)		

Allergens:

No Listed Allergens

CCP: Time/temp of each batch of product will be recorded on TPHC sheet when the product has been removed from the oven, steamer, stovetop, or refrigeration. Products that were placed in hot holding will be removed from the hot holding cabinet and placed on serving line as close to service as possible.

Product not used within 4 hours from when it was removed from the oven will be discarded.