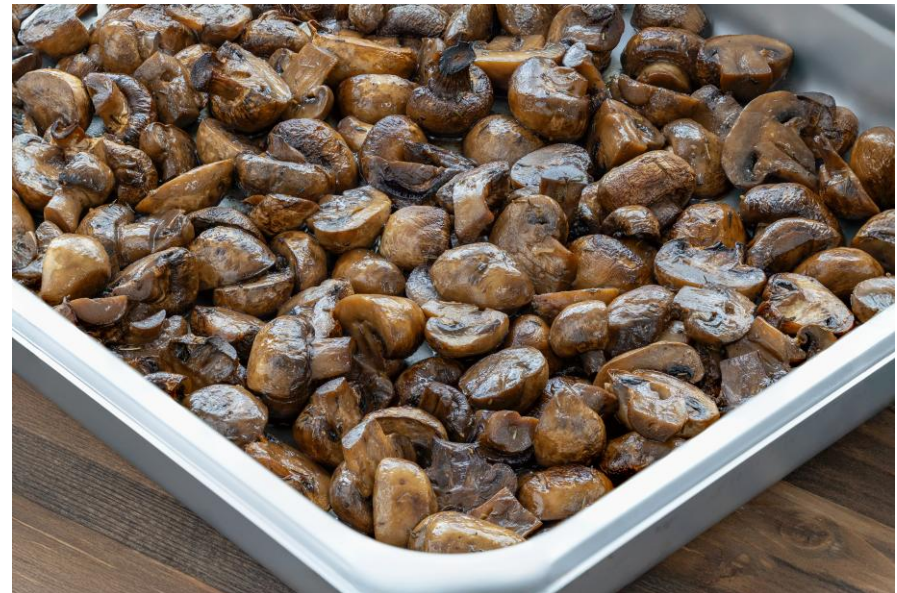


ROASTED MUSHROOMS

Button mushrooms are tossed with oil and seasonings and roasted until golden brown. The perfect savory side or as an addition to an entree bowl.

ONE ¼ CUP PORTION PROVIDES: ¼ cup vegetable



INGREDIENTS	50 SERVINGS	DIRECTIONS
Mushrooms, fresh, halved	7 ½ pounds	<ol style="list-style-type: none"> 1. Preheat oven to 400 °F. 2. Half or slice the mushrooms. 3. Toss the mushroom with oil, salt, pepper, and thyme. 4. Place mushrooms in a 2-inch, full-size, steamtable pan. 5. Roasted for 25 to 35 minutes, until moisture is gone and mushrooms are golden brown and tender.
Oil, vegetable	⅛ cup	
Salt, kosher	1 teaspoon	
Pepper, black, ground	½ teaspoon	
Thyme, dried	½ tablespoon	

NUTRITION INFORMATION:

1 serving =

NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	20		Total Carbohydrate	3	(g)
Total Fat	.5	(g)	Dietary Fiber	0	(g)
Saturated Fat	0	(g)	Added Sugars	0	(g)
Cholesterol	0	(mg)	Vitamin D	.1	(mcg)
Sodium	35	(mg)	Calcium	10	(mg)
Protein	2	(g)	Iron	.3	(mg)

NOTES

SOURCE

Chef Samantha Gasbarro, HealthySchoolRecipes.com

