

Beets

Vegetable

Recipe Category:

KSU Developed

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Beets, fresh, without tops OR Beets, fresh, pared, ready to cook	13 lb 4 oz OR 10 lb 3 oz				<ol style="list-style-type: none"> 1. For unpared beets, trim and peel. 2. Wash fresh beets under cold running water. 3. Cut into ½-inch pieces. 4. Placed drained cut beets into a large mixing bowl and add canola oil. Toss until beets are evenly coated with oil. 5. Place into a baking dish and roast in oven at 400°F. 6. Roast for 35-45 minutes or until vegetables are tender and can be easily mashed with a fork. 7. CCP: Cook to 135° F or warmer. 8. CCP: Hold at 135° F or warmer.
Canola oil		½ cup			

Beets

Vegetable

Recipe Category:

KSU Developed

Serving: ½ cup cooked, cubed, vegetables	Yield:	Volume:
1-2 years: ½ serving 3-5 years: ½ serving 6-18 years: Varies; see recipe	50 Servings: 100 Servings:	50 Servings: 100 Servings:

NOTES:

Nutrient information in progress.

Nutrients Per Serving		
Calories	Saturated Fat	Iron
Protein	Cholesterol	Calcium
Carbohydrate	Vitamin A	Sodium
Total Fat	Vitamin C	Dietary Fiber