



# Honey Garlic Roasted Broccoli & Cauliflower

Roasted broccoli and cauliflower tossed in a honey-sweetened Vidalia onion and garlic sauce.

**Recipe Project Name:** Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development  
*Georgia Department of Education—School Nutrition Division*

**Preparation Time:** 40 minutes

**Cook Time:** 30-35 minutes

**NSLP/SBP crediting information:**

½ cup provides ¼ cup dark green vegetable, ¼ cup other vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Cauliflower, fresh, whole	5 lb 12 oz	2 gal	11 lb 8 oz	4 gal	<ol style="list-style-type: none"> <li>1. Preheat oven to 425 °F.</li> <li>2. Trim away the stalk and cut the broccoli and cauliflower into uniform florets (bite size pieces).</li> <li>3. Wash, dry, and combine broccoli and cauliflower in a large bowl.</li> <li>4. Add onions to bowl with broccoli and cauliflower and toss to combine.</li> <li>5. Toss vegetables with vegetable oil, lemon juice, black pepper and minced garlic.</li> </ol>
*Broccoli, fresh, whole	5 lb	2 gal 1 qt	10 lb	4 gal 2 qt	
*Onion, sweet, fresh, julienne	1 lb	1 qt	2 lb	2 qt	
Oil, vegetable	4 oz	½ cup	8 oz	1 cup	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Garlic, fresh, minced	4 oz	¾ cup	8 oz	1 ½ cup	<p>For 50 servings, use ⅛ cup minced garlic. For 100 servings, use ¼ cup minced garlic.</p> <p><b>6.</b> Spray sheet pan with pan spray. Spread mixture evenly on the prepared sheet pan and roast for 15 minutes.</p> <p><b>7.</b> Pull pan out and toss vegetables. Return to the oven and roast for an additional 15-20 minutes (Should be al dente with a golden crust /light char).</p> <p><b>8.</b> While vegetables are roasting, in a saucepan over medium heat, melt the margarine. Then add the remaining garlic, honey, rice vinegar, and soy sauce.</p> <p><b>9.</b> In a large mixing bowl, toss the roasted vegetables, sauce, and red pepper flakes.</p> <p><b>10.</b> Transfer to a steam table pan and hold for hot service at 135 °F.</p> <p><b>11.</b> Serve ½ cup (No. 8 disher or 4 oz spoodle).</p>
Lemon juice	9 oz	1 cup	1 lb 2 oz	2 cups	
Pepper, black, ground	1 1/5 oz	¼ cup	2 2/5 oz	½ cup	
Margarine	1 oz	⅛ cup	2 oz	¼ cup	
Honey	2 lb 2 oz	2 ¾ cups	4 lb 4 oz	1 qt 1 ½ cups	
Rice vinegar	8 oz	1 cup	1 lb	2 cups	
Soy sauce, low-sodium	4 ½ oz	½ cup	9 oz	1 cup	
Red pepper flakes		¼ cup		½ cup	



**HONEY GARLIC ROASTED BROCCOLI & CAULIFLOWER NUTRITION INFORMATION**

For ½ cup (4 oz spoodle)

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>110</b>

<b>Total Fat</b>	<b>2.7 g</b>
Saturated Fat	<1 g
Cholesterol	0 mg
<b>Sodium</b>	<b>41 mg</b>
<b>Total Carbohydrate</b>	<b>21 g</b>
Dietary Fiber	2.2 g
Total Sugars	2.5 g
Added Sugars included	N/A
<b>Protein</b>	<b>2 g</b>
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Vitamin A	173 mcg RAE
Vitamin C	39 mg
Vitamin D	N/A
Calcium	29 mg
Iron	<1 mg
Potassium	N/A

N/A=data not available.

**\*MARKETING GUIDE**

Food as Purchased for	50 Servings	100 Servings
Cauliflower, fresh, whole	9 lb 7 oz	18 lb 14 oz
Broccoli, fresh, whole	6 lb 3 oz	12 lb 6 oz
Onion, fresh, julienne	1 lb 5 oz	2 lb 10 oz

**NOTES**

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Prepare in batches. Hot hold for 30 minutes maximum.

Cooking Process # 2: Same Day Service

**YIELD/VOLUME**

50 Servings	100 Servings
About 9 lb 6 oz About 2 gal 1 qt 1 ½ cups	About 18 lb 12 oz About 4 gal 2 qt 3 cups

**SOURCE:**

FY 2021 Cohort A Team Nutrition Training Grant

