





**Recipe Name:** Roasted Fajita Vegetables

**Category:** Side or Topping

**Portion Size(s):** ½ cup (about 2.2 oz)

**Meal Components:** ½ cup other vegetable

Ingredients:	14 Portions	
	Weight	Measure
Mushrooms, fresh, sliced	12 oz	
Onions, fresh, yellow, sliced	1 lb 2 oz	
Bell peppers, fresh, green and/or yellow, sliced	1 lb 5 oz	
Vegetable oil		2 Tbsp



## Directions:

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1. Preheat oven to 350°F.
2. Prepare 1-full sheet pan per 14 servings with parchment paper.
3. For every 14 servings, toss mixed vegetables with  $\frac{1}{4}$  cup vegetable oil. Arrange vegetables in a single layer on prepared sheet pan(s).
4. Roast vegetables in the oven for 20 minutes. Heat to 135°F for at least 15 seconds. Hold at 135°F or lower.
5. Serve  $\frac{1}{2}$  cup (4 fl oz spoodle/about 2.2 oz per serving).

## Nutrients Per One Serving (K-12):

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Calories	46	kcal	Total Fat	2	g	Total Dietary Fiber	2	g	Vitamin C	37	mg
Saturated Fat	0	g	Trans Fat	0	g	Protein	2	g	Iron	0	mg
Sodium	4	mg	Cholesterol	0	mg	Vitamin A	158	IU			
Sugars	3	g	Carbohydrate	6	g	Calcium	13	mg			

## Components Per One Serving (K-12):

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Meat/Meat ALT	Grain	Vegetable(s)	Fruit	Milk
0 oz. eq.	0 oz. eq.	$\frac{1}{2}$ cups(s)	0 cup(s)	0 cup(s)

### Vegetable Subgroups:

Dark Green	Red/Orange	Legumes	Starchy	Other
0 cups(s)	0 cups(s)	0 cups(s)	0 cup(s)	$\frac{1}{2}$ cup(s)

