





Recipe Name:	Sesame Roasted Broccoli
Category:	Vegetable
Portion Size(s):	½ cup (about 1.6 oz)
Meal Components:	½ cup dark green

Ingredients:	30 Portions	
	Weight	Measure
Broccoli, fresh, florets	9 lb	
Sesame oil		¼ cup
Sesame seeds		2 Tbsp

Directions:

1. Preheat oven to 350°F.
2. Prepare 1-full sheet pan per 30 servings with parchment paper.
3. Cut or break large pieces of broccoli into bite size pieces.
4. For every 30 servings, toss and massage 9 lb raw broccoli florets with ¼ cup sesame oil. Arrange broccoli in a single layer on prepared sheet pan(s).
5. Roast broccoli in the oven for 20 minutes. Garnish each pan with 2 Tbsp sesame seeds. Heat to 135°F for at least 15 seconds. Hold at 135°F or lower.
6. Serve ½ cup (4 fl oz spoodle/about 1.6 oz per serving).

Nutrients Per One Serving (K-12):

Calories	66	kcal	Total Fat	3	g	Total Dietary Fiber	4	g	Vitamin C	121	mg
Saturated Fat	0	g	Trans Fat	0	g	Protein	4	g	Iron	1	mg
Sodium	45	mg	Cholesterol	0	mg	Vitamin A	848	IU			
Sugars	2	g	Carbohydrate	9	g	Calcium	70	mg			

Components Per One Serving (K-12):

Meat/Meat ALT	Grain	Vegetable(s)	Fruit	Milk
0 oz. eq.	0 oz. eq.	1/2 cups(s)	0 cup(s)	0 cup(s)

Vegetable Subgroups:

Dark Green	Red/Orange	Legumes	Starchy	Other
1/2 cups(s)	0 cups(s)	0 cups(s)	0 cup(s)	0 cup(s)

