

Real Food Institute of Midcoast Maine
“Back to Scratch” Cooking and Processing Workshop for Institutions
October 28-29, 2011, Spruce Point Inn, Boothbay Harbor, Maine

MAPLE ROASTED ORANGE VEGGIES
25 servings

Ingredients

Approx. 10 lbs prepared orange veggies or roots	sea salt to taste
½ cup maple syrup*	pepper to taste
1 cup olive oil	herbs, seasonings to taste

Directions

Preheat the oven to 450 degrees. Line a sheet pan with parchment paper. Peel the veggies, and cut into bite-sized pieces. Whisk together the maple syrup and olive oil. Coat the veggies with the mixture, and season with salt, pepper, and seasonings. Spread veggies out on pan and roast the vegetables until they are tender, about 35 minutes. Stir and shake the pan every few minutes to cook veggies evenly.

Nutritional analysis per serving (approximate, varies with veggies): 166 calories, 2 grams protein, 30 grams carbohydrates, 5 grams fat, 53 mg. sodium, 4.5 grams fiber.

USDA School Lunch Guidelines: ½ cup veggies

Cheryl's notes: The maple syrup highlights the natural sugars of root vegetables. Vary the root vegetables to include beets and potatoes. Maple roasted orange veggies are an excellent way to utilize regional, seasonal ingredients, and provide over 200% of the RDA for Vitamin A, 41% for Vitamin C, and 19% for Vitamin K.

***Seasonal Ingredient Suggestions**

MAY/JUNE: *salad turnips*

JULY/AUGUST: *carrots, onions, summer squashes*

SEPTEMBER/OCTOBER: *celeriac, onions, carrots, parsnips, rutabagas, squash, pumpkin*

NOVEMBER / DECEMBER: *carrots, celeriac, onions, sweet potatoes, turnips, winter squash*

JANUARY/APRIL: *onions, roots, winter squash*

Maine maple syrup is available all year.

(Over)

For more information about seasonal eating and to download copies of seasonal eating brochures and recipes, go to www.mofga.org

For updates to these recipes and/or to include comments and input from your test results, please contact:

Cheryl Wixson
P.O. Box 757
Stonington, ME 04681
cheryl@mofga.org



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