



SHEET PAN FRANK WITH ROASTED VEGETABLES

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PORTION SIZE:
1 SERVING

Ingredients (yields 50 servings)	Quantity
JENNIE-O® Reduced Sodium Uncured Frank, 2.0 oz., 612620, 4/5 lb., frozen	50 franks
Red potato, chopped	3 qt., ½ c.
Carrot, coins	3 qt., ½ c.
Pepper/onion blend, frozen	3 qt., ½ c.
Garlic powder seasoning	⅓ c.
Onion powder seasoning	⅓ c.
Italian herb seasoning	⅓ c.
Paprika seasoning	⅓ c.
Pepper seasoning	⅓ c.
Whole grain dinner roll	50 rolls
Cooking spray	50 sprays

Directions
<ol style="list-style-type: none"> 1. Preheat oven to 350°F. 2. Trim, peel and dice red potatoes and carrots. 3. In a large mixing bowl, combine seasonings and all vegetables (potatoes, carrots, onions and peppers). 4. Add seasoned vegetables to a sheet pan. 5. Slice franks into four pieces (or quarters) on a diagonal angle. 6. Add franks to sheet pan with seasoned vegetables. May mix together if desired. 7. Place in oven and bake for ~35-45 minutes. <p>Offer each student one whole frank (4 pieces), one whole grain roll and ¼ c. of roasted mixed vegetables.</p>

1 turkey frank hot dog provides 2.0 oz. meat/meat alternate
 1 whole grain dinner roll provides 2.0 oz. eq. whole grain rich
 ¼ c. red potatoes provide ¼ c. vegetable
 ¼ c. carrots provide ¼ c. vegetable
 ¼ c. onions/peppers provide ¼ c. vegetable

For preparation by a food preparation establishment only, according to the food code or equivalent.

*Indicates missing Nutrient Information.

Nutrients Per Serving					
Calories	321 cal	Sodium	373 mg	Calcium	132 mg*
Fat	13 g	Carbohydrates	45 g	Vitamin A	85 iu*
Saturated Fat	4 g	Dietary Fiber	9 g	Vitamin C	2 mg*
Trans Fat	0 g	Protein	14 g	Vitamin D	0.250 mcg*
Cholesterol	55 mg	Iron	2 mg*		

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