

Ingredients	Quantity
(yields 50 servings) 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	¹ /3 C.
Onion powder seasoning	¹ /3 C.
Italian herb seasoning	¹ /3 C.
Paprika seasoning	¹ /3 C.
Pepper seasoning	¹ /3 C.
Whole grain dinner roll	50 rolls
Cooking spray	50 sprays

PORTION
SIZE:

1 SERVING

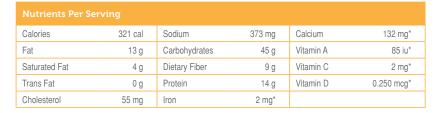
- 1. Preheat oven to 350°F.
- 2. Trim, peel and dice red potatoes and carrots.
- In a large mixing bowl, combine seasonings and all vegetables (potatoes, carrots, onions and peppers).
- 4. Add seasoned vegetables to a sheet pan.
- 5. Slice franks into four pieces (or quarters) on a diagonal angle.
- 6. Add franks to sheet pan with seasoned vegetables. May mix together if desired.
- 7. Place in oven and bake for ~35-45 minutes.

Offer each student one whole frank (4 pieces), one whole grain roll and % c. of roasted mixed vegetables.

- 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
- 1/4 c. red potatoes provide 1/4 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.





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