

Asparagus and Red Pepper



Recipe Rating				
Total Time	45 Minutes			
Cooking Time	20 Minutes			
Total Labour	25 Minutes			
Knife Skills	Basic			

Equipment

Chef's knife/Peeler/Cutting Board Spoon ½ size- 2" deep production pans

Bulk Retherm Cart (or regular oven) or Plated Retherm Cart

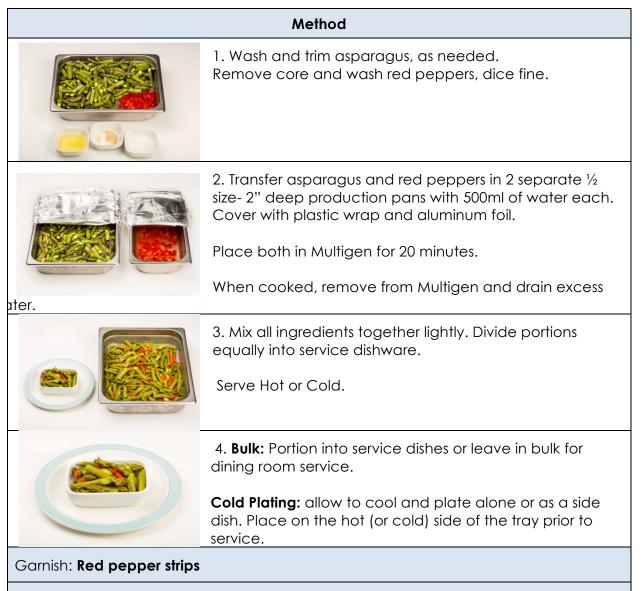
Nutrition Facts Valeur nutritive

Per 1 serv (137g) / par 1 serv (137g)

Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 6	0
Fat / Lipides 4g	6%
Saturated / satures	.5g
+ Trans / trans Og	3%
Cholesterol / Cholest	erol Omg
Sodium / Sodium 60r	ng 3%
Carbohydrate / Glucio	des 5g 2%
Fibre / Fibres 2q	8%
Sugars / Sucres 20	1
Protein / Proteines 2	lg
Vitamin A / Vitamine A	
Vitamin C / Vitamine C	35%
Calcium / Calcium	2%
Iron / Fer	6%

burlodge

	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
Asparagus Spears, Fresh, 5 cm (2") cut	3 Kg	6.6 Lbs	6 Kg	13.2 Lbs
Red Pepper, Fresh, Diced	250 gm	8.8 oz	500 gm	1.1 Lbs
Oil, Olive, Extra Virgin	100 mL	3.4 fl oz	200 mL	6.8 fl oz
Garlic Powder	15 gm	½ oz	30 gm	1 oz
White Pepper	10 gm	1/3 oz	20 gm	2/3 oz
Salt	5 mL	1 tsp	10 mL	2 tsp
Water	1 L	1.1 quarts	2 L	2.2 quarts
Lemon Juice	60 mL	2 fl oz	120 mL	4 fl oz



Food Accompany: Appropriate entrée like fish or chicken

burlodge