



Dilly Carrots

Created by Chef Peter Brattan, Toms River Regional School District, Toms River, NJ

Dilly Carrots

Vegetable

Recipe HACCP Process: #2 Same Day Service

Ingredients

Fresh dill, stems removed and chopped (1 bunch)
Yogurt, vanilla, low-fat (3 cups)
Whole Milk (1 qt)
Sour Cream (1 cup)
Honey (3 Tbsp)
Salt (2 tsp)
Black pepper (1 tsp)
Baby carrots, raw (7 lbs)

Serving:

Meets: 1/2 cup vegetable

Preparation

1. In a sauce pan, combine dill, yogurt, sour cream, honey, salt and pepper until blended; bring to a simmer.
2. Gradually add the milk; cook, stirring constantly, until thickened.
3. Steam carrots until almost done (al dente).
4. Add carrots; heat thoroughly to 135°F for 15 seconds (CCP).
5. Serve 4 oz. portion.

Yield:

25 Servings

Nutrients Per Serving

Calories: 112 kcal	Total Fat: 4.21 g	Saturated Fat: 2.43 g	Cholesterol: 12.51 mg	Sodium: 261.89 mg	Carbohydrate: 16.15 g
Dietary Fiber: 3.72 g	Protein: 3.28 g	Vitamin A: 17687.17 IU	Vitamin C: 3.87 mg	Calcium: 131.72 mg	Iron: 1.23 mg