

# GLAZED CARROTS (FROZEN)



VEGETABLES (RED/ORANGE)

**MEAL COMPONENT CONTRIBUTION:**

½ cup red/orange vegetable

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** ½ cup**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Carrots, Baby, Frozen, Cooked, #1603	19 pound(s)
Margarine, Bulk, #1319	8 ounce(s)
Sugar, Brown, #2024	1 cup(s) , packed
Salt, Table, #2219	1 teaspoon(s)
Parsley, Dried, Chopped, #2717	2 tablespoon(s)

**DIRECTIONS**

## 1. COOKING METHODS

To steam carrots:

- Place frozen carrots in solid steamtable pans (12" x 20" x 2 ½").
- Steam for 3 minutes.
- Drain liquid from pan.

To boil carrots:

- Bring water to a boil. (For 100 servings, use approximately 1 quart of water.)
- Add frozen carrots and cook for 10 to 20 minutes.
- Drain and place in solid 12" x 20" x 2 ½" steamtable pan.

CCP: Heat to 145 degrees F or higher for 15 seconds at the completion of the cooking process.

2. Combine margarine, brown sugar, salt, and parsley (optional). Bring to a boil. Remove from heat. Pour mixture evenly over each pan of cooked carrots.

3. Serve immediately or cover with plastic wrap and place in warmer until ready for service.

Portion ½ cup with a perforated 4 ounce spoodle or #8 scoop per serving. Each portion provides ½ cup of red/orange vegetable.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

**PRODUCTION NOTES**

Use USDA Foods or Department of Defense (DOD) foods when available.

Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if recipe is altered.

If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.

"Culinary Techniques for Healthy School Meals: Preparing Vegetables" provides seasoning and serving ideas for vegetables.

If using canned sliced carrots, 5 ½ #10 cans will provide 100 ½ cup vegetable servings.

**NUTRIENTS PER SERVING**

Calories	56	Dietary Fiber	3.03 g	Sodium	92.90 mg	Sat. Fat	0.82 g
Carbohydrates	9.28 g	Protein	1.03 g	Total Fat	1.87 g	Trans Fat	0.00 g