

# LEMON-GLAZED CARROTS (FROZEN)


**MEAL COMPONENT CONTRIBUTION:**

½ cup red/orange vegetable

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** ½ cup

**RECIPE HACCP PROCESS:** #2 - Same day service

VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Carrots, Baby, Frozen, Cooked, #1603	19 pound(s)
Margarine, Bulk, #1319	8 ounce(s)
Lemon Juice, Canned/Bottled, #2247	1 cup(s)
Nutmeg, Ground, #2713	1/4 cup(s)
Salt, Table, #2219	3 tablespoon(s)

**DIRECTIONS**

## 1. COOKING METHODS

To steam carrots:

- Place frozen carrots in solid steamtable pans.
- Steam for 3 to 4 minutes.

To boil vegetables:

- Bring water to boil. (For 100 servings, use 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.

## 2. Melt margarine.

Add lemon juice, nutmeg, and salt to melted margarine.

Boil gently, uncovered, for 1 minute.

Pour glaze evenly over drained cooked carrots and stir gently to prevent breaking carrots.

Cover pans with plastic wrap and store in warmer until ready for service.

## 3. Portion with 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**

Batch cook: Prepare only what can be served in a 30 minute period to maintain maximum quality.

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.

**NUTRIENTS PER SERVING**

Calories	49	Dietary Fiber	3.08 g	Sodium	281.42 mg	Sat. Fat	0.90 g
Carbohydrates	7.41 g	Protein	1.05 g	Total Fat	1.99 g	Trans Fat	0.00 g