Baked Carrot Fries With Yogurt-Sunflower Seed Butter Dip

Give your baby carrots a makeover. Serve these baked carrots with a tasty dip.

Ages: 6–18 years  
Prep time: 5 minutes  
Makes: 6 servings  
Cook time: 20 minutes

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**INGREDIENTS**

1½ cups + 2 Tbsp Greek yogurt, non-fat, plain

¼ cup + 2 Tbsp sunflower seed butter

6 cups (1 lb 10 oz) baby carrots, fresh

¼ tsp salt, table

2¼ tsp canola oil

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**DIRECTIONS**

1. Wash hands with soap and water for at least 20 seconds.

2. Preheat oven to 400 °F.

3. In a small bowl, combine yogurt and sunflower seed butter. Use a fork or rubber spatula to mix until smooth. Set aside. Keep cold at 40 °F or lower.

4. In a medium bowl, combine carrots, salt, and oil. Toss.

5. Place carrots on a baking sheet in a single layer. Bake for 20 minutes or until lightly brown on the bottom. Heat to 140 °F or higher for at least 15 seconds.

6. Serve ¾ cup carrot fries (about 9–13) and ¼ cup dip. Serve immediately, or keep dip cold at 40 °F or lower and keep carrot fries warm at 140 °F or higher.
### NUTRITION INFORMATION

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>189</td>
</tr>
<tr>
<td><strong>Total Fat</strong></td>
<td>10 g</td>
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<tr>
<td>Saturated Fat</td>
<td>1 g</td>
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<tr>
<td>Cholesterol</td>
<td>3 mg</td>
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<tr>
<td>Sodium</td>
<td>241 mg</td>
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<tr>
<td><strong>Total Carbohydrate</strong></td>
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<tr>
<td>Dietary Fiber</td>
<td>6 g</td>
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<tr>
<td>Total Sugars</td>
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<tr>
<td>Includes Added Sugars</td>
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</tr>
<tr>
<td>Protein</td>
<td>11 g</td>
</tr>
</tbody>
</table>

Vitamin D  
Calcium 116 mg  
Iron 1 mg  
Potassium N/A  

N/A = Data not available

*Source: Team Nutrition CACFP Easy Recipe Project*  
[TeamNutrition.USDA.gov](http://TeamNutrition.USDA.gov)

### CACFP CREDITING INFORMATION

- ¾ cup vegetable  
- 1 oz eq meat alternate

### CHEF TIPS

- Contains milk (yogurt) and may contain tree nuts or peanuts. Some sunflower seed butters and soy nut butters are produced on equipment shared with tree nuts and, in some cases, peanuts.  
- Yogurt must not contain more than 23 grams of total sugars per 6 ounces.