



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

Makes: 6 servings

Prep time: 5 minutes

Cook time: 20 minutes

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INGREDIENTS

1 ½ 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

2 ¼ 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 ⅓ cup dip. Serve immediately, or keep dip cold at 40 °F or lower and keep carrot fries warm at 140 °F or higher.



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NUTRITION INFORMATION

¾ cup baked carrot fries and ⅓ cup dip

Nutrients **Amount**
Calories **189**

Total Fat	10 g
Saturated Fat	1 g
Cholesterol	3 mg
Sodium	241 mg
Total Carbohydrate	15 g
Dietary Fiber	6 g
Total Sugars	8 g
Includes Added Sugars	N/A
Protein	11 g
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Vitamin D	N/A
Calcium	116 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

Source: Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

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CACFP CREDITING INFORMATION

¾ cup vegetable
1 oz eq meat alternate

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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.

