



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: 30 minutes
COOK TIME: 30 minutes

CACFP CREDITING INFORMATION

$\frac{3}{4}$ cup vegetable
 1 oz eq meat alternate

SOURCE

Team Nutrition CACFP Easy Recipe Project
TeamNutrition.USDA.gov

| INGREDIENTS | 25 SERVINGS | | 50 SERVINGS | | DIRECTIONS |
|------------------------------|-------------|------------------|-------------|----------------|---|
| | Weight | Measure | Weight | Measure | |
| | | | | | 1 Wash hands with soap and water for at least 20 seconds. |
| | | | | | 2 Preheat oven to 400 °F. |
| Greek yogurt, non-fat, plain | 3 lb 6 oz | 1 qt + 2¾ cups | 6 lb 12 oz | 3 qt + 1½ cups | 3 In a small bowl, combine yogurt and sunflower seed butter. Use a fork to mix until smooth. Set aside. Keep cold at 40 °F or lower. |
| Sunflower seed butter | 14 oz | 1½ cups + 2 Tbsp | 1 lb 12 oz | ¾ cups | |
| Baby carrots, fresh | 6 lb 12 oz | 1 gal + 2 qt | 13 lb 8 oz | 3 gal | 4 In an extra-large bowl, combine carrots, salt, and oil. Toss. |

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| | Weight | Measure | Weight | Measure | |
| Salt, table | | 1 tsp | | 2 tsp | |
| Canola oil | | 3 Tbsp | | ¼ cup + 2 Tbsp | |
| | | | | | 5 Place carrots on sheet pans (18" x 26" x 1") in a single layer. For 25 servings , use 2 pans. For 50 servings , use 4 pans. |
| | | | | | 6 Bake for 30 minutes or until lightly brown on the bottom. Heat to 140 °F or higher for 15 seconds. |
| | | | | | 7 Serve ¾ cup carrots (about 9–13) and ⅓ cup dip (#12 scoop). 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 |
| Vitamin D | N/A |
| Calcium | 116 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A = Data not available

NOTES

- **Contains milk (yogurt) and may contain peanuts or tree nuts.** Some sunflower seed butters and soy nut butters are processed 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.

WEIGHT/YIELDS

| 25 Servings | 50 Servings |
|---|---|
| 9 lb 7 oz | 18 lb 14 oz |
| 1 gal 2¾ cups baked carrot fries, 2 qt ¾ cup dip | 2 gal 1 qt 1 cup baked carrot fries, 1 gal ¾ cup dip |