

Baked Carrot Fries With Yogurt-Sunflower Seed Butter Dip

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

AGES: 3-5 years

PREP TIME: 30 minutes **COOK TIME:** 30 minutes

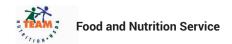
CACFP CREDITING INFORMATION

½ cup vegetable ½ oz eq meat alternate

SOURCE

Team Nutrition CACFP Easy Recipe Project **TeamNutrition.USDA.gov**

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIDECTIONS
		Measure	Weight	Measure	DIRECTIONS
					1 Wash hands with soap and water for at least 20 seconds.
					2 Preheat oven to 400 °F.
Greek yogurt, non-fat, plain	1 lb 11 oz	3¼ cups + 2 Tbsp	3 lb 6 oz	1 qt + 2¾ 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	7¼ oz	³¼ cup + 1 Tbsp	14 oz	1½ cups + 2 Tbsp	
Baby carrots, fresh	4 lb 7 oz	1 gal	8 lb 14 oz	2 gal	4 In a medium bowl, combine carrots, salt, and oil. Toss.



INGREDIENTS	25 SERVINGS		50 SERVINGS		
	Weight	Measure	Weight	Measure	DIRECTIONS
Salt, table		½ tsp		½ + ¼ tsp	
Canola oil		2 Tbsp		¼ cup	
					 5 Place carrots on sheet pan(s) (18" x 26" x 1") in a single layer. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					6 Bake for 30 minutes or until lightly brown on the bottom. Heat to 140 °F or higher for at least 15 seconds.
					7 Serve ½ cup carrots (about 6–10) and 2 Tbsp (#24 scoop) dip. Serve immediately, or keep dip cold at 40 °F or lower and keep carrot fries warm at 140 °F or higher.

NUTRITION INFORMATION

½ cup baked carrot fries and 2 Tbsp dip

NUTRIENTS Calories	AMOUNT 105
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber Total Sugars Includes Added Sugars Protein	5 g 1 g 2 mg 132 mg 9 g 3 g 4 g N/A 6 g
Vitamin D Calcium Iron Potassium N/A = Data not available	N/A 64 mg 1 mg N/A

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.
- **Choking Prevention:** Nut butters can be a choking risk for children under the age of 4.
- Yogurt must not contain more than 23 grams of total sugars per 6 ounces.

WEIGHT/YIELDS					
25 Servings	50 Servings				
5 lb 10 oz 3 qt ½ cup baked carrot fries, 1 qt 3 Tbsp dip	11 lb 5 oz 1 gal 2 qt 1 cup baked carrot fries, 2 qt 3% cup dip				

