

Orange Glazed Carrots

Orange Glazed Carrots is a great dish for when seasons change! This combination of frozen carrots, canned pineapple, dried cranberries, and warm spices will not disappoint.

CACFP Home Childcare Crediting Information

½ cup provides ½ cup vegetable (½ cup red/orange vegetable).



Preparation Time: 10 minutes

Cooking Time: 7 minutes

Makes: 6 servings

Ingredients

- ½ oz or ⅛ cup Margarine, trans fat-free
- ½ cup or 3 ⅛ oz Brown sugar, packed
- ¼ cup Orange juice, concentrated, frozen, thawed
- ¼ cup Water (set aside 1 Tbsp)
- ⅔ tsp Vanilla extract
- ¼ tsp Ground cinnamon
- ¼ tsp Ground nutmeg
- 3 ⅓ cups or 1 ¼ lb Frozen carrots, thawed, sliced, drained
- ⅓ cup or 2 oz Dried cranberries
- ½ cup or 3 oz Pineapple tidbits, canned, undrained
- 1 ¼ tsp Cornstarch

Directions

- 1 Heat margarine and sugar in a medium saucepan uncovered over medium heat. Stir until sugar dissolves.
- 2 Add orange juice concentrate, water (set aside 1 Tbsp in small cup for step 4), vanilla, cinnamon, and nutmeg. Simmer uncovered over medium heat for 3 minutes, stirring occasionally.
- 3 Add carrots, dried cranberries and pineapple tidbits to sauce. Bring to a boil for 5 minutes over medium high heat.
- 4 In a small bowl, add cornstarch to the reserved water (1 Tbsp) and stir well until dissolved.
- 5 Add cornstarch mixture to carrot mixture. Stir quickly. Reduce heat to low. Cook uncovered for 2 minutes.
- 6 **Critical Control Point:**
Heat to 140 °F or higher for at least 15 seconds.
- 7 Place glazed carrots in a medium (8" x 8" x 2") serving dish.
- 8 **Critical Control Point:**
Hold at 140 °F or higher until served.
- 9 Serve ½ cup (portion with ½ cup measuring cup or 4 oz spoodle).

Source:

CACFP Home Childcare 6-Serving Recipe Project

Nutrients Per Serving: Calories 157, Protein 1 g, Carbohydrates 36 g, Dietary Fiber 4 g, Total Sugars 30 g, Total Fat 2 g, Saturated Fat 0 g, Calcium 111 mg, Sodium 77 mg, Vitamin A 801 mcg RAE, Vitamin C 20 mg, Vitamin D 10 IU, Cholesterol 0 mg, Iron 1 mg, Potassium 276 mg

