

Orange Glazed Carrots

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

CACFP Crediting Information:

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



Preparation Time: 10 minutes

Cooking Time: 10 minutes

Makes: 6 servings

Ingredients

- 1 Tbsp margarine
- ¼ cup or 2 oz brown sugar, packed
- ½ cup orange juice
- ⅛ cup 1 Tbsp water, divided
- ¾ tsp vanilla extract
- ¼ tsp cinnamon, ground
- ¼ tsp nutmeg, ground
- 1 qt 1 cup or 1 ¼ lb frozen carrots, sliced, thawed, drained
- ⅓ cup or 2 oz dried cranberries
- 1 tsp cornstarch

Directions

- 1** Heat margarine and sugar in a medium saucepan uncovered over medium heat. Stir until sugar dissolves.
- 2** Add orange juice, ⅛ cup water (set aside 1 Tbsp in small cup for step 4), vanilla, cinnamon, and nutmeg. Simmer uncovered over medium heat for 2 minutes, stirring occasionally.
- 3** Add carrots and dried cranberries to sauce. Bring to a boil, then reduce heat to a simmer. Continue simmering for 5 minutes or until carrots are tender.
- 4** In a small bowl, add cornstarch to the reserved water (1 Tbsp) and stir well until dissolved.
- 5** Add cornstarch mixture to carrots. Stir quickly. Reduce heat to low and continue to cook uncovered for 2 minutes or until sauce thickens and glazes the carrots. (If glaze becomes thick, add water until desired consistency).
Critical Control Point:
 Heat to 140 °F or higher for at least 15 seconds.
- 6** Place glazed carrots in a medium (8" x 8" x 2") serving dish.
Critical Control Point:
 Hold for hot service at 140 °F.
- 7** Serve ½ cup (portion with ½ cup measuring cup or 4 oz spoodle).

NUTRITION INFORMATION

For ½ cup (4 oz spoodle)

NUTRIENTS	AMOUNT
Calories	143
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 g
Sodium	57 mg
Total Carbohydrate	24 g
Dietary Fiber	2 g
Total Sugars	21 g
Added Sugars	N/A
Protein	0 g
Vitamin A	16227 IU
Vitamin C	6 mg
Calcium	29 mg
Iron	0 mg

N/A=no information available

Source:

USDA Standardization Recipe Project - 2024

NOTES

The food safety temperatures are based on Federal consumer food safety guidance. Some information may be different in your state. Always check with your local regulatory authority (health department) or sponsoring organization (sponsor) for guidance on current food safety requirements in your operation.