Dilly Carrots

Created by Chef Peter Brattan, Toms River Regional School District, Toms River, NJ
Dilly Carrots

Vegetable

Recipe HACCP Process: #2 Same Day Service

Ingredients
Fresh dill, stems removed and chopped (1 bunch)
Yogurt, vanilla, low-fat (3 cups)
Whole Milk (1 qt)
Sour Cream (1 cup)
Honey (3 Tbsp)
Salt (2 tsp)
Black pepper (1 tsp)
Baby carrots, raw (7 lbs)

Preparation
1. In a sauce pan, combine dill, yogurt, sour cream, honey, salt and pepper until blended; bring to a simmer.
2. Gradually add the milk; cook, stirring constantly, until thickened.
3. Steam carrots until almost done (al dente).
4. Add carrots; heat thoroughly to 135°F for 15 seconds (CCP).
5. Serve 4 oz. portion.

Serving:
Meets: 1/2 cup vegetable

Yield:
25 Servings

Nutrients Per Serving

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Carbohydrate</th>
</tr>
</thead>
<tbody>
<tr>
<td>112 kcal</td>
<td>4.21 g</td>
<td>2.43 g</td>
<td>12.51 mg</td>
<td>261.89 mg</td>
<td>16.15 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3.72 g</td>
<td>Protein</td>
<td>3.28 g</td>
<td>Vitamin A: 17687.17 IU</td>
<td>Vitamin C: 3.87 mg</td>
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</tbody>
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