

Maple Roasted Carrots

Featured Item: Carrots
 Serving Size: 1/2 cup • Yield 25

HACCP Process #2:
 Same day service

Child Nutrition Credit:
 0.5 Cups of Red/Orange

INGREDIENTS

4 pounds, 8 ounces Carrots, LOCAL, raw
2 tablespoons Olive oil
1/4 teaspoon Salt
1/4 teaspoon Black Pepper
2 tablespoons Maple Syrup



DIRECTIONS

1. Pre-prep: Wash and scrub carrots. Cut into 2 inch pieces on the diagonal.
2. Preheat oven to 350 degrees.
3. Arrange carrots on a sheet pan. Toss carrots with olive oil, salt, and pepper.
4. Spread out and bake for 20-25 minutes. Toss with a spatula half way through.
5. During the last 5 minutes of cooking, drizzle with maple syrup. Toss and finish cooking until tender.
6. Serve.

NUTRITION FACTS

Calories: 46
Total Fat: 1g
 Saturated Fat: 0g
 Trans Fat: 0g
Cholesterol: 0mg
Sodium: 81mg
Total Carbohydrate: 8.6g
 Dietary Fiber: 2g
 Total Sugars: 4.7g
Protein: 0g

Child nutrition crediting and nutrition facts may vary based on specific products used.



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Sunshine Soup

Featured Item: Carrots
Serving Size: 6 ounces • Yield 25

HACCP Process #2:
Same day service

Child Nutrition Credit:
0.5 ounces Meat/Meat Alternate
0.5 Cups Red/Orange

INGREDIENTS

1/3 cup, 3 teaspoons	Olive oil	3 tablespoons, 1/2 teaspoon	Vegetable soup base
3 cups, 2 tablespoons	Onion, chopped	1 quart, 1 1/3 cup, 2 tablespoon	Coconut milk
3 tablespoons, 1/2 teaspoon	Garlic	3 quarts, 1/2 cup	Water
3 tablespoons, 1/2 teaspoon	Ginger root	3 cups, 2 tablespoons	Sunflower seeds
1 tablespoon, 1/4 teaspoon	Turmeric, ground		
3 1/4	Oranges		
1 2/3 teaspoon	Salt		
1 2/3 teaspoon	Black Pepper		
3 tablespoons, 1/2 teaspoon	Curry powder		
3 quarts, 1/2 cup	Carrots, LOCAL, chopped		



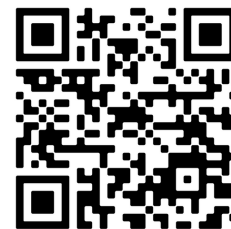
DIRECTIONS

1. Pre-prep: Peel and dice onions; mince garlic; peel and mince ginger; zest and juice orange; peel and chop carrots into 1 inch pieces.
2. Heat the olive oil in a large saucepan over medium heat. Add the onion and saute for about 5 minutes, until translucent. Add garlic, ginger, turmeric, orange zest, salt, pepper, and saute for 2 minutes or until the spices are fragrant. Add the carrots and saute for 3 minutes.
3. Pour in the vegetable base, water, coconut milk, and orange juice. Bring to a boil and lower to simmer. Cover and cook for 20-25 minutes, or until the carrots are cooked through.
4. Puree the soup in batches in a high speed blender.
5. Return the soup to the pan and reheat, adding more liquid if you prefer a thinner soup.
6. Serve 6 ounces in a bowl. Top with 2 tablespoon sunflower seeds.

NUTRITION FACTS

Calories: 211
Total Fat: 13.7g
 Saturated Fat: 5g
 Trans Fat: 0 g
Cholesterol: 10mg
Sodium: 656mg
Total Carbohydrate: 17g
 Dietary Fiber: 4.2g
 Total Sugars: 6.4g
Protein: 4g

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Coleslaw

Featured Item: Carrots
Serving Size: 1/2 cup • Yield 50

HACCP Process #1:
No Cook

Child Nutrition Credit:
0.5 cups of Other

INGREDIENTS

3 pounds, 10 ounces	Cabbage, raw
2 1/4 cups	Carrots, raw, LOCAL
1 quart, 1 1/3 cup	Whipped salad dressing
3 tablespoons, 2 teaspoons	Apple cider vinegar
1/3 cup, 2 tablespoons	Sugar
1/4 teaspoon	Salt
1/4 teaspoon	Black pepper



DIRECTIONS

1. Shred cabbage and carrots.
2. Whisk dressing ingredients together.
3. Toss cabbage and carrots with dressing.
4. Serve

NUTRITION FACTS

Calories: 121
Total Fat: 8.7g
 Saturated Fat: 1.8g
 Trans Fat: 0g
Cholesterol: 17.4mg
Sodium: 233.9mg
Total Carbohydrate: 7.4g
 Dietary Fiber: 0g
 Total Sugars: 4.7g
Protein: 0g

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