



# FEED OUR FUTURE®

*Local Foods for Growing Minds*



ECE CENTER RECIPE

## Maple Roasted Carrots

### Featured Item: Carrots

Serving Size: 0.25 cup • Yield 50

### HACCP Process #2:

Same day service

### Child Nutrition Credit:

0.25 Cups of Red/Orange

## INGREDIENTS

<b>4 pounds, 8 ounces</b>	Carrots, LOCAL, raw
<b>2 tablespoons</b>	Olive oil
<b>1/4 teaspoon</b>	Salt
<b>1/8 teaspoon</b>	Black Pepper
<b>2 tablespoons</b>	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:** 24

**Total Fat:** 1g

Saturated Fat: 0g

Trans Fat: 0g

**Cholesterol:** 0mg

**Sodium:** 40mg

**Total Carbohydrate:** 4.5g

Dietary Fiber: 1g

Total Sugars: 2g

**Protein:** 0g



Scan the code to learn more about Harvest of the Month.

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

**ENJOY!**

Recipe and nutritional info provided by our partner, Pisanick Partners LLC

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# FEED OUR FUTURE®

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ECE CENTER RECIPE

## Sunshine Soup

### Featured Item: Carrots

Serving Size: 4 ounces • Yield 50

### HACCP Process #2:

Same day service

### Child Nutrition Credit:

0.25 Cups of Red/Orange

## INGREDIENTS

<b>1 gallon, 2/3 cup</b>	Carrots, LOCAL, chopped
<b>1/2 cup, 1 teaspoon</b>	Olive oil
<b>1 quart, 2 tablespoons, 2 teaspoon</b>	Onion, chopped
<b>1/4 cup, 1/2 teaspoon</b>	Garlic
<b>1/4 cup, 1/2 teaspoon</b>	Ginger root
<b>1 tablespoon, 1/4 teaspoon</b>	Turmeric, ground
<b>4 1/4</b>	Oranges
<b>2 1/8 teaspoon</b>	Salt
<b>2 1/8 teaspoon</b>	Black pepper
<b>1/4 cup, 1/2 teaspoon</b>	Curry powder
<b>3 1/4 cup, 1/2 teaspoon</b>	Vegetable soup base
<b>1 quart, 1 pint, 1 1/4 cup, 2 teaspoon</b>	Coconut milk
<b>1 gallon, 2/3 cup</b>	Water



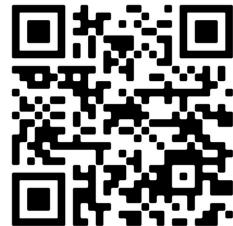
## DIRECTIONS

**PREP:** Peel and dice onions; mince garlic; peel and mince ginger; zest and juice orange; peel and chop carrots into ~1" pieces.

1. Heat the olive oil in a large saucepan over medium heat. Add the onion and saute for about 5 minutes, until translucent. Add the 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.
2. Pour in the vegetable base, water, coconut milk, and orange juice, bring to a boil and lower to simmer. Cover and cook for 20 to 25 minutes, or until the carrots are cooked through.
3. Puree the soup in batches in a high speed blender or use an immersion blender. Taste and add more pepper, if necessary.
4. Return the soup to the pan and reheat, adding more liquid if you prefer a thinner consistency.
5. Serve 4 oz bowl.

## NUTRITION FACTS

**Calories:** 84  
**Total Fat:** 5g  
 Saturated Fat: 3g  
 Trans Fat: 0 g  
**Cholesterol:** 0mg  
**Sodium:** 367mg  
**Total Carbohydrate:** 9g  
 Dietary Fiber: 2g  
 Total Sugars: 4.3g  
**Protein:** 0.6g



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# FEED OUR FUTURE®

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ECE CENTER RECIPE

## Coleslaw

### Featured Item: Carrots

Serving Size: 1/4 cup • Yield 50

### HACCP Process #2:

Same day service

### Child Nutrition Credit:

0.25 Cups of Other

## INGREDIENTS

**3 pounds, 11 ounces**

Cabbage, raw

**1 3/4 cups**

Carrots, raw, LOCAL, grated

**1/2 cup**

Peppers, sweet, green, raw

**1 3/4 cup**

Mayonnaise, low sodium

**2 tablespoons**

Sugars, granulated

**1 1/2 teaspoon**

Spices, celery seed

**2 tablespoon**

Vinegar, distilled

**1 teaspoon**

Mustard seed, ground



## DIRECTIONS

1. Place cabbage, carrots, and peppers (optional) in large bowl and toss lightly to mix.
2. Combine salad dressing or mayonnaise, sugar, celery seed, dry mustard, and vinegar.
3. Pour dressing over vegetables. Mix thoroughly. Spread 5 lb 3 oz (approximately 3 qt 1/2 cup) into each shallow pan (12" x 20" x 2 1/2") to a product depth of 2" or less (see Special Tips). For 50 servings, use 1 pan. For 100 servings, use 2 pans.

## NUTRITION FACTS

**Calories:** 31

**Total Fat:** 1.5g

Saturated Fat: 0.2g

Trans Fat: 0g

**Cholesterol:** 2mg

**Sodium:** 17.5mg

**Total Carbohydrate:** 4g

Dietary Fiber: 1g

Total Sugars: 2g

**Protein:** 0.5g

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# FEED OUR FUTURE®

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ECE FCCH RECIPE

## Maple Roasted Carrots

**Featured Item: Carrots**  
Serving Size: 0.25 cup • Yield 6

**HACCP Process #2:**  
Same day service

**Child Nutrition Credit:**  
0.25 Cups of Red/Orange

### INGREDIENTS

8- and 2/3-ounces	Carrots, LOCAL, raw
3/4 teaspoons	Olive oil
Less than 1/8 teaspoon	Salt
Less than 1/8 teaspoon	Black Pepper
3/4 teaspoon	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:** 24  
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Trans Fat: 0g  
**Cholesterol:** 0mg  
**Sodium:** 40mg  
**Total Carbohydrate:** 4.5g  
Dietary Fiber: 1g  
Total Sugars: 2g  
**Protein:** 0g

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# FEED OUR FUTURE®

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ECE FCCH RECIPE

## Sunshine Soup

### Featured Item: Carrots

Serving Size: 4 ounces • Yield 12

### HACCP Process #2:

Same day service

### Child Nutrition Credit:

0.25 Cups of Red/Orange

## INGREDIENTS

<b>2 tablespoons</b>	Olive oil	<b>1 tablespoon</b>	Vegetable soup base
<b>1 cup</b>	Onion, chopped	<b>1 ¾ cup</b>	Coconut milk
<b>1 tablespoon</b>	Garlic	<b>1 quart</b>	Water
<b>1 tablespoon</b>	Ginger root		
<b>1 teaspoon</b>	Turmeric, ground		
<b>1</b>	Orange		
<b>1/2 teaspoon</b>	Salt		
<b>1/2 teaspoon</b>	Black Pepper		
<b>1 tablespoon</b>	Curry powder		
<b>1 quart</b>	Carrots, LOCAL, chopped		



## DIRECTIONS

PREP: peel and dice onions; mince garlic; peel and mince ginger; zest and juice orange; peel and chop carrots into ~1" pieces.

1. Heat the olive oil in a large saucepan over medium heat. Add the onion and saute for about 5 minutes, until translucent. Add the 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.
2. Pour in the vegetable base, water, coconut milk, and orange juice, bring to a boil and lower to simmer. Cover and cook for 20 to 25 minutes, or until the carrots are cooked through.
3. Puree the soup in batches in a high-speed blender or use an immersion blender. Taste and add more pepper, if necessary.
4. Return the soup to the pan and reheat, adding more liquid if you prefer a thinner consistency.
5. Serve 4 oz bowl.

## NUTRITION FACTS

**Calories:** 84  
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ECE FCCH RECIPE

## Coleslaw

### Featured Item: Carrots

Serving Size: 1/4 cup • Yield 8

### HACCP Process #2:

same day service

### Child Nutrition Credit:

0.25 Cups of Other

## INGREDIENTS

**9 ½ ounces** Cabbage, raw

**1/4 cup, 1 ½ teaspoon** Carrots, raw, LOCAL, grated

**1 tablespoon, ½ teaspoon** Peppers, sweet, green, raw

**1/4 cup 1 ½ teaspoon** Mayonnaise, low sodium

**2 teaspoon** Sugars, granulated

**1/4 teaspoon** Spices, celery seed

**1 teaspoon** Vinegar, distilled

**1/4 teaspoon** Mustard seed, ground



## DIRECTIONS

1. Place cabbage, carrots, and peppers (optional) in large bowl and toss lightly to mix.
2. Combine salad dressing or mayonnaise, sugar, celery seed, dry mustard, and vinegar.
3. Pour dressing over vegetables. Mix thoroughly. Spread 5 lb. 3 oz (approximately 3 qt 1/2 cup) into each shallow pan (12" x 20" x 2 1/2") to a product depth of 2" or less (see Special Tips). For 50 servings, use 1 pan. For 100 servings, use 2 pans.

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**Total Carbohydrate:** 4g

Dietary Fiber: 1g

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**Protein:** 0.5g



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