

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

4 pounds, 8 ounces Carrots, LOCAL, raw
2 tablespoons Olive oil
1/4 teaspoon Salt
1/8 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: 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

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



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

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

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



DIRECTIONS

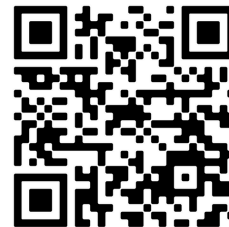
PREP: Peel and dice onions; mince garlic; peel and mince ginger; zest and juice orange; peel and chop carrots into ~1" pieces.

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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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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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.

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Total Carbohydrate: 4.5g
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Protein: 0g

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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

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



DIRECTIONS

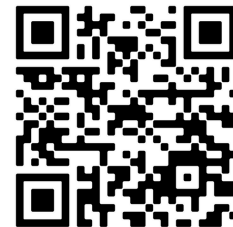
PREP: peel and dice onions; mince garlic; peel and mince ginger; zest and juice orange; peel and chop carrots into ~1" pieces.

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
Total Fat: 5g
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Protein: 0.6g

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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, 7/8 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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