

# Honey Dilled Carrots

La Conner School District

Recipe Category: Vegetables

Ingredients	50 Servings		100 Servings		_____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Carrots, raw, baby petite	5 lb 10 oz		11 lb 4 oz				<ol style="list-style-type: none"> <li>1. Boil the carrots for about 5 minutes until crisp/tender.</li> <li>2. Meanwhile melt butter and mix with honey, salt and dill.</li> <li>3. Drain carrots well and place in large hotel pan.</li> <li>4. Toss carrots with butter/honey mixture.</li> </ol> <p><b>CCP:</b> Hold at 135°F or above through service.</p> <p><u>Note:</u> You can replace some butter with olive oil for less saturated fat.</p>
Butter, unsalted	2.5 oz		5 oz				
Honey		¼ cup 1 Tbsp		½ cup 2 Tbsp			
Sea Salt		1 tsp		1¾ tsp			
Dill, dried		1 tsp		1¾ tsp			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
¼ cup		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
		¼ cup (red/orange vegetable)	

Nutrient Analysis		
Calories: 35	Saturated Fat: .74 gram	Sodium: 80.58 mg