

# Lemon-Roasted Carrots

BY **CHEF KIRK H. CONRAD**, CHEF IN RESIDENCE, PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE

"Who would think that adding a little lemon juice to carrots could make such a refreshing difference? But it does!"  
—*Chef Kirk, Project Bread's Chef in Residence*

108 cups frozen sliced carrots  
(30 pounds)  
2½ cups vegetable oil  
2½ cups lemon juice  
2 tablespoons salt  
5 teaspoons black pepper

**YIELD: 100 SERVINGS (K-5) \* SERVING SIZE: ¾ CUP**

Toss frozen carrots with oil, lemon juice, salt, and pepper.

Place on sheet pan in a single layer and roast at 400°F for 20 minutes, until tender and golden brown.

Transfer to half hotel pans, and serve.

## **NUTRITIONAL INFORMATION**

CALORIES: 99; SODIUM: 235.3 MG; SATURATED FAT: 7.17%

## **USDA REQUIREMENTS MET**

¾ CUP RED OR ORANGE VEGETABLE