



SEASONED CARROTS WITH CORN

SERVINGS: 50 CALORIES: 96 KCAL

Add some color to a meal with this simple side dish recipe. The veggies can be cooked a variety of ways, and you can make it your own by adding your favorite salt-free seasoning to the carrots and corn.

INGREDIENTS

6 pounds Carrots, fresh

5 pounds Corn, yellow, sweet, fresh
Frozen can be substituted

1 cup Oil, soybean, salad or cooking

1 tablespoon Pepper, ground, black
Or other salt-free seasoning

INSTRUCTIONS

1. Scrub fresh carrots. Cut off tops. Cut carrots into small pieces.

2. If using fresh corn, remove corn from the cob.

3. Combine carrots and corn. Cook by boiling, steaming or roasting until the carrots are tender and vegetables reach 145° F.

4. Add oil and pepper (or other salt-free seasoning) to cooked vegetables.

RECIPE NOTES

Hold at 135° F or higher.

Serving size 1/2 cup

Crediting: 1/2 cup is 1/4 cup red/orange vegetable and 1/4 cup starchy vegetable

NUTRITION FACTS PER SERVING (0.5CUP)

Calories: 96 kcal | Fat: 4.5 g | Saturated fat: 0.6 g | Sodium: 38 mg | Carbohydrates: 13.5 g | Fiber: 2.3 g | Protein: 0.5 g

This recipe has not been tested or standardized by Healthy School Recipes. The outcome, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.