



SPICY CARROTS FOR TORTA SANDWICH

SERVINGS: 50 SERVINGS CALORIES: 41 KCAL

Jalapeno peppers add a little spice to these steamed carrots and onions. This mixture is served best chilled over sandwiches, tacos or burritos.

INGREDIENTS

1-1/3 bag Carrot, coins, fresh, 5lb bag

1 each Onion, medium, fresh, slivered

5-1/4 cups Jalapeno pepper, sliced, canned

1/3 cup Olive oil

1-1/3 teaspoon Salt

INSTRUCTIONS

1. Place carrots in perforated hotel pans in layers no more than 2 inches high.
2. Place equal amounts of slivered onions over carrot coins.
3. Cook carrots in a steamer for 12 to 15 minutes or until fork tender. Immediately cool down to 41°F.
4. Place carrots and onions in a mixing bowl. Add canned jalapeños with their juice, salt and olive oil to carrots. Mix all ingredients well and for better results in the flavor of this recipe add 2 extra cups of jalapeño juice. Keep refrigerated until ready to use.

RECIPE NOTES

Serving Instructions: Serve ½ cup of spicy carrots with your favorite sandwich, tacos or burritos.

Crediting: ½ cup red/orange vegetable

NUTRITION FACTS PER SERVING (0.5CUP)

Calories: 41 kcal | Fat: 1.6 g | Saturated fat: 0.2 g | Sodium: 331 mg | Carbohydrates: 6.6 g | Fiber: 2.2 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.