



# Gingered Carrots

Ginger, also known as ginger root, is a popular spice used in traditional Chinese cooking. It can be found in soups, stews, marinades, and stir-fried dishes. If you want to experience the full, bold flavor of ginger, mince or grate it. For a lighter flavor, cut the ginger into long slivers.

### CACFP CREDITING INFORMATION

¼ cup (2 oz spoodle) provides ¼ cup vegetable.

### SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water	32 fl oz	4 cup	32 fl oz	4 cup	<ol style="list-style-type: none"> <li>1 Add about 1–2 inches of water to a small stockpot with a steamer basket or a double boiler. Bring water to a rolling boil.</li> <li>2 Add carrots to the steamer basket or double boiler and steam until carrots are tender, but not mushy, about 9–10 minutes.  Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.</li> <li>3 Prepare ginger glaze while carrots are cooking by combining the remaining ingredients in a medium mixing bowl. Pour hot steamed carrots into the ginger glaze and stir until honey and margarine melt.</li> </ol>
*Carrots, fresh, peeled, sliced diagonally	2 lb 9½ oz	2 qt 1 cup	5 lb 3 oz	1 gal 2 cup	
Honey		¼ cup		½ cup	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Lemon juice, fresh squeezed, seeds removed or lemon juice bottled		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Parsley, dried (optional)		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Margarine, unsalted, trans-fat free		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Ginger, grated, fresh		2 tsp		1 Tbsp 1 tsp	
Salt, table		½ tsp		1 tsp	
					<b>4</b> Serve immediately. Serve ¼ cup (2 oz spoonful). Critical Control Point: Hold at 140 °F or higher.



**NUTRITION INFORMATION**

For ¼ cup (2 oz spoodle).

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>31</b>
<b>Total Fat</b>	<b>1 g</b>
Saturated Fat	0 g
Cholesterol	N/A
<b>Sodium</b>	<b>72 mg</b>
<b>Total Carbohydrate</b>	<b>6 g</b>
Dietary Fiber	1 g
Total Sugars	2 g
Added Sugars included	N/A
<b>Protein</b>	<b>0 g</b>
Vitamin D	N/A
Calcium	14 mg
Iron	0 mg
Potassium	N/A

N/A=data not available.

**MARKETING GUIDE**

Food as Purchased for	25 Servings	50 Servings
Carrots	3 lb 2 oz	6 lb 4 oz

**NOTES**

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

**Chef Tips**

Various methods of steaming include a double boiler, microwave, or steamer. Time will vary according to the method used.

**Food Safety Tips**

Honey should not be given to or used in foods for children under 1 year of age, as it may contain botulism spores which can cause infant botulism. This is a serious type of food-related illness that can make a baby very sick.

**Variations**

Frozen carrot coins may be substituted for the fresh carrots.

**YIELD/VOLUME**

25 Servings	50 Servings
2 lb 10 oz	5 lb 4 oz
1 qt 2¼ cup	3 qt ½ cup

