



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.

Makes: 6 servings **Prep time:** 5 minutes
Cook time: 15 minutes

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INGREDIENTS

- 2 cups** water
- 2 cups** carrots, fresh, peeled, sliced diagonally
- 1 tablespoon** honey
- 1 teaspoon** lemon juice, fresh squeezed, seeds removed or lemon juice, bottled
- 1 teaspoon** parsley, dried (optional)
- 1 teaspoon** margarine, unsalted, trans-fat free
- ½ teaspoon** ginger, fresh, grated
- ⅛ teaspoon** salt, table

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DIRECTIONS

- 1.** Add 1–2 inches of water to a small stockpot with a steamer basket or a double boiler. Bring water to a rolling boil.
- 2.** Add carrots to the steamer basket or double boiler, and cook until carrots are tender, but not mushy, 9–10 minutes. Heat to 140 °F or higher for at least 15 seconds.
- 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.
- 4.** Serve ¼ cup.

Critical Control Point: Hold at 140 °F or higher.

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NUTRITION INFORMATION

For ¼ cup.

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

N/A=data not available.

Source: Team Nutrition CACFP
Multicultural Recipe Project.

<https://teammnutrition.usda.gov>

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CACFP CREDITING INFORMATION

¼ cup provides ¼ cup vegetable.

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CHEF TIPS

Food Safety Tip

Honey should not be given to or used in foods for children under 1 year old, 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.