



Baked Carrot Fries With Yogurt-Sunflower Seed Butter Dip

Give your baby carrots a makeover. Serve these baked carrots with a tasty dip.

AGES: 3–5 years
PREP TIME: 30 minutes
COOK TIME: 30 minutes

CACFP CREDITING INFORMATION

½ cup vegetable
 ½ oz eq meat alternate

SOURCE

Team Nutrition CACFP Easy Recipe Project
TeamNutrition.USDA.gov

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					1 Wash hands with soap and water for at least 20 seconds.
					2 Preheat oven to 400 °F.
Greek yogurt, non-fat, plain	1 lb 11 oz	3¼ cups + 2 Tbsp	3 lb 6 oz	1 qt + 2¾ cups	3 In a small bowl, combine yogurt and sunflower seed butter. Use a fork to mix until smooth. Set aside. Keep cold at 40 °F or lower.
Sunflower seed butter	7¼ oz	¾ cup + 1 Tbsp	14 oz	1½ cups + 2 Tbsp	
Baby carrots, fresh	4 lb 7 oz	1 gal	8 lb 14 oz	2 gal	4 In a medium bowl, combine carrots, salt, and oil. Toss.

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	Weight	Measure	Weight	Measure	
Salt, table		½ tsp		½ + ¼ tsp	
Canola oil		2 Tbsp		¼ cup	
					5 Place carrots on sheet pan(s) (18" x 26" x 1") in a single layer. For 25 servings , use 1 pan. For 50 servings , use 2 pans.
					6 Bake for 30 minutes or until lightly brown on the bottom. Heat to 140 °F or higher for at least 15 seconds.
					7 Serve ½ cup carrots (about 6–10) and 2 Tbsp (#24 scoop) dip. Serve immediately, or keep dip cold at 40 °F or lower and keep carrot fries warm at 140 °F or higher.



NUTRITION INFORMATION

½ cup baked carrot fries and 2 Tbsp dip

NUTRIENTS	AMOUNT
Calories	105
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	2 mg
Sodium	132 mg
Total Carbohydrate	9 g
Dietary Fiber	3 g
Total Sugars	4 g
Includes Added Sugars	N/A
Protein	6 g
Vitamin D	N/A
Calcium	64 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

NOTES

- **Contains milk (yogurt) and may contain peanuts or tree nuts.** Some sunflower seed butters and soy nut butters are processed on equipment shared with tree nuts, and in some cases, peanuts.
- **Choking Prevention:** Nut butters can be a choking risk for children under the age of 4.
- Yogurt must not contain more than 23 grams of total sugars per 6 ounces.

WEIGHT/YIELDS

25 Servings	50 Servings
5 lb 10 oz	11 lb 5 oz
3 qt ½ cup baked carrot fries, 1 qt 3 Tbsp dip	1 gal 2 qt 1 cup baked carrot fries, 2 qt ¾ cup dip