

Basil Carrots

Vegetables/Fruits

Vegetables/Fruits

Source: Adapted from Florida Child Care Food Program Cookbook 2007

Ingredients	25 Servings		50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	Weight	Measure	
Carrots, Frozen, Sliced		10 cups		20 cups		40 cups	1. Cook carrots and dried basil in covered pot in water for time specified on package.
Basil, Dried, Crushed		2 ½ tsp		1 Tbsp 2 tsp		3 Tbsp 1 tsp	2. Stir well. Cook until tender.

Serving:	Yield:	Volume:
1 serving (1/4 cup) provides the equivalent of 1 fruit/vegetable.	25 Servings:	25 Servings:
	50 Servings:	50 Servings:
	100 Servings:	100 Servings:

Nutrients Per Serving			
Calories	20	Saturated Fat	0 g
Protein	0 g	Cholesterol	0 mg
Carbohydrate	4 g	Vitamin A	5769 IU
Total Fat	0 g	Vitamin C	1.37 mg
Calories from Fat	0 g (0%)	Iron	0.28 mg
		Calcium	21.39mg
		Sodium	35 mg
		Dietary Fiber	2 g