



Recipe #411 Diabetic Friendly Carrots Serving Size and Ingredients: 4 oz.

25 Servings	50 Servings	100 Servings	Ingredients
5 lbs.	10 lbs.	20 lbs.	Carrots, Sliced, Frozen
1-1/2 tsp.	3 tsp.	6 tsp.	Salt, Iodized
1/2 cup	1 cup	2 cups	Margarine, Solids
2 Tbsp.	2 tbsp.	3 Tbsp.	Parsley, Flakes, Dehydrated

North Central New Mexico Economic Development District
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Instructions:

1. Place carrots in perforated Steam table pan.
2. Add parsley flakes, Stir gently
3. Melt margarine, Add margarine, add salt to pan. Stir gently.
4. Heat to 165 F.
5. If holding, hold at 140 F. or above. Serve at 165F