



## **Recipe #423 Cauliflower & Carrots**

**Serving Size and Ingredients: 4 oz.**

| 25 Servings | 50 Servings | 100 Servings | Ingredients         |
|-------------|-------------|--------------|---------------------|
| 3-1/4 lbs.  | 6-1/2 lbs.  | 12-1/2 lbs.  | Cauliflower, Frozen |
| 3-1/4 lbs.  | 6-1/2 lbs.  | 12-1/2 lbs.  | Carrots, Frozen     |
| 2 Tbsp.     | 1/4 cup     | 1/2 cup      | Lemon Juice         |
| 1/2 tsp.    | 1 tsp.      | 2 tsp.       | Onion Powder        |
| 1/2 tsp.    | 1 tsp.      | 2 tsp.       | Salt                |
| 2-1/2 Tbsp. | 1/3 cup     | 2/3 cup      | Margarine, Melted   |
|             |             |              |                     |
|             |             |              |                     |
|             |             |              |                     |



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### **Instructions:**

- 1. Cook cauliflower and carrots in boiling water for 7 to 10 minutes for each # 10 can of vegetables. Drain well.***
- 2. Sprinkle vegetables with onion powder and salt.***
- 3. Mix lemon juice and melted margarine and drizzle over vegetables just prior to serving.***