Lemon-Roasted Carrots

BY CHEF KIRK H. CONRAD, CHEF IN RESIDENCE, PROJECT BREAD’S CHEFS IN SCHOOLS INITIATIVE

“Who would think that adding a little lemon juice to carrots could make such a refreshing difference? But it does!”
—Chef Kirk, Project Bread’s Chef in Residence

108 cups frozen sliced carrots
  (30 pounds)
2½ cups vegetable oil
2½ cups lemon juice
  2 tablespoons salt
  5 teaspoons black pepper

YIELD: 100 SERVINGS (K–5)  SERVING SIZE: ¾ CUP

Toss frozen carrots with oil, lemon juice, salt, and pepper.

Place on sheet pan in a single layer and roast at 400°F for 20 minutes, until tender and golden brown.

Transfer to half hotel pans, and serve.

NUTRITIONAL INFORMATION
CALORIES: 99; SODIUM: 235.3 MG; SATURATED FAT: 7.17%

USDA REQUIREMENTS MET
¾ CUP RED OR ORANGE VEGETABLE