



## CARROT BACON

**DOING GOOD**

ELIOR NORTH AMERICA

# CARROT BACON



SERVING SIZE

½ oz



YIELD

8 servings



METHOD

Bake

1 tbsp Tahini Paste  
1 tbsp Sesame Oil  
1 tbsp Honey  
2 tsp Light Soy Sauce  
1 tsp Mustard, Dijon Grey  
Poupon  
½ tsp Smoked Ground Paprika  
¼ tsp Granulated Garlic  
1 ½ tsp Ground Black Pepper  
8 ounce Fresh Carrots, peeled  
strips

1. Preheat oven to 300 F
2. Combine all ingredients, except carrot peels. Mix well.
3. Add carrot peel. Toss to coat.
4. Place carrot peels in thin layer on sheet pan(s) lined with parchment paper, lightly coated with pan spray.
5. Bake for 20-25 minutes, mixing frequently, until crisp and lightly browned.
6. Keep hot for service or use as directed in recipe.

**PER SERVING:** 45 CALORIES | 3 G TOTAL FAT  
0 G SATURATED FAT | 0 G TRANS FAT  
0 MG CHOLESTEROL | 75 MG SODIUM | 5 G CARBOHYDRATE  
1 G FIBER | LESS THAN 1 G PROTEIN