

CARROT AND CELERY AMANDINE

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
37 cal	2 g	1 g	3 g	0 mg	213 mg	26 mg

Ingredient

CARROTS,FROZEN,SLICED
 CELERY,FRESH,SLICED
 WATER,BOILING
 SALT
 ALMONDS,SLIVERED
 JUICE,LEMON
 MARGARINE,MELTED

Weight

10-3/4 oz
 7-3/4 lbs
 28-1/4 lbs
 1-1/2 oz
 11-3/8 oz
 6-1/2 oz
 5-1/3 oz

Measure

1 gal 3-1/3 qts
 3 gal 1-1/2 qts
 2-1/3 tbsp
 3 cup
 3/4 cup
 1/2 cup 2-2/3 tbsp

Issue

10-5/8 lbs

Method

- 1 Cook carrots and celery in boiling salted water 10 to 13 minutes.
- 2 Drain; reserve carrots and celery for use in Step 4.
- 3 Spread almonds on pans in a thin layer. Using a convection oven, bake at 300 F. for 15 minutes on high fan, open vent stirring occasionally until almonds are lightly browned. Remove from oven.
- 4 Add almonds, lemon juice, and margarine to carrot and celery. Toss or stir lightly. Mix thoroughly. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.