



Lunch or Dinner | **PEAK SEASON:** Summer

BBQ Carrot Dogs

Recipe by: Chad Cherry

A fun plant based twist on a classic cookout favorite. Marinated and cooked carrots topped with a delicious homemade BBQ sauce

Nutritional Info

Calories: 180
Carbs: 32g
Fiber: 6g
Protein: 5g
Sugars: 8g
Fat: 4g
Sodium: 320mg

Ingredients

- 4 large carrots, peeled
- 4 whole grain hot dog buns

Marinade

- 2 tbsp low-sodium soy sauce
- 1 tbsp of apple cider vinegar
- 1 tbsp olive oil
- 1 tsp smoked paprika
- ½ tsp garlic powder
- pinch of black pepper

Optional toppings:

- diced onions
- pickles
- shredded cabbage or slaw
- mustard

Instructions

1. Peel carrots and trim roughly to length of bun.
2. Bring a pot of water to a gentle boil and cook carrots for 8-10 minutes, until fork tender but not mushy.
3. Whisk together marinade ingredients and add carrots. Let marinade for at least 30 minutes or overnight for more flavor.
4. Heat a grill pan over medium-high heat and lightly oil (if needed)
5. Grill carrots for about 4-5 minutes on each side or until grill marks develop and carrots are heated through.
6. Place in buns and top with homemade BBQ sauce and desired toppings.

Additional Info

- Carrots are naturally rich in fiber and vitamins, They support eye health, immune function and healthy skin.
- Grilling the carrots brings out their natural sweetness while adding a smoky flavor.
- For the best texture, cook carrots until just fork tender before marinating. This allows them to absorb flavor while holding their shape on the grill.

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