Celebrating Seasonality: Wisconsin-Grown Recipes for the Early Childhood Setting
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Winter recipe: snack
Food components used: vegetables, meat/meat alternate
Specialty crop: root vegetables: carrots

Veggie Sticks				
Ingredients	**8 servings**		**25 servings**	
	Measure	Weight	Measure	Weight
Carrots, peeled, chopped into “sticks”	4 cups	2 lbs	12 ½ cups	6.5 lbs
Chickpeas, canned, drained	2 cups		6 ¼ cups	
Greek yogurt, plain	1 cup		2 ½ cups	
Lemon juice	1.5 Tbsp		6 Tbsp	
Paprika	2 tsp		2.5 Tbsp	
Garlic powder	2 tsp		2.5 Tbsp	
Olive oil	1 Tbsp		3 ½ Tbsp	
Garlic clove	1 clove		3 cloves	

Directions:

1. Combine chickpeas, yogurt, lemon juice, olive oil, paprika, garlic powder and cinnamon into a blender or food processor.
2. Pulse for 30 seconds. Check consistency and mix with a spatula. If needed, pulse for 15 more seconds.
3. Chop carrots into 4 inch “sticks”.
4. Serve veggie sticks with hummus.

Serving Sizes for **Snack**

Age Group	**Serving Size**
Ages 1-2	½ cup vegetable “sticks”, 1⁄4 cup hummus
Ages 3-5	½ cup vegetable “sticks”, 1⁄4 cup hummus

NOTE: The number of servings is based on ½ cup vegetable sticks + ¼ cup hummus portions for Ages 3-5; Number of servings may increase or decrease based on the ages of the children served and the amount served. This recipe provides ½ cup of vegetables and ¼ cup meat/meat alternate per serving.