

Carrot Dogs

Adapted by Chef Jen

Ingredients:

- 6 medium-large carrots, peeled
- ¾ cup vegetable stock
- ½ cup apple cider vinegar
- 1 tbsp spicy brown mustard
- 3 tbsp low sodium soy sauce
- 1 tsp garlic powder
- 1 tsp paprika

Preparation:

1. In a large sauté pan, bring water to a boil. Cut carrots to 6" (~ the length of your hot dog bun). Make sure to use the thickest part of the carrot. Boil carrots 4-5 minutes, or until a fork can slightly pierce the carrot. It shouldn't be too soft that the fork easily goes through, desired consistency is al dente. Drain carrots and immediately run cold water over carrots to stop the cooking process.
2. Whisk all ingredients from stock-paprika in a small bowl or casserole dish. Pierce carrots all over with fork and submerge in mixture. Let marinate for 1.5 hours- overnight.
3. Turn grill on to medium high heat. Cook and turn carrots until grill marks appear. Serve in hot dog bun and top with Cole Slaw (recipe below), if desired. (Note: Carrot dogs are vegan, Cole slaw recipe is not, however may substitute vegan options in preparation).

Cole Slaw

By Chef Jen

Ingredients:

- 1/3 cup mayonnaise
- ¼ cup chopped canned pineapple
- ¼ tsp garlic powder
- ¼ tsp celery seed
- 1 tbsp whole milk
- ½ bagged 3-color Cole slaw mix

1. In a medium bowl, whisk all ingredients together. Add Cole slaw mix and stir until well incorporated. Chill overnight or for 4 hours prior to serving.

(To make vegan, sub with veganaise and unflavored plant based milk to make vegan)