

Grilled Carrot Dogs with Tangy Toppings

“A Healthy Cookout Alternative”

INGREDIENTS

(Makes 12 each)

Marinade

¼ cup rice vinegar
¼ cup apple cider vinegar
1-1/2 cups water
1 cup Tamari-soy sauce
3 Tbs. sesame oil
1 tsp. garlic powder
1 tsp. onion powder
1 tsp. black pepper
1 tsp. ground ginger

Carrot

12 carrots (peeled) about 1 inch in thickness, cut a little bigger than the size of the bun.
12 hot dog buns, buttered and toasted

In a medium saucepan with high sides, combine all the ingredients for the marinade. Place the carrots in the marinade and bring to a simmer. Cook until the carrots are al dente or fork tender. Remove the carrots from the marinade and refrigerate until ready to grill.

Place carrots on a grill and cook until slightly charred on each side and warmed in middle. Place carrot in hot dog bun and build your dog any way you want.

Suggestions

BBQ Carrot Dog

Brush with BBQ sauce then place on a heaping of coleslaw. (Tangy and sweet)

The Hunter

Mix 75% ketchup to 25% yellow mustard and brush on the carrot and top with crispy fried onions.

Chicago Dog

Smear with yellow mustard, green relish, diced onions, wedged tomato slices, dill pickle spears, sport peppers and a sprinkle of celery salt.