



BARBEQUED CARROT DOGS

1. Peel approximately 8 -10 of the fattest carrots you can find at the Market, the ones that look like fat hot dogs. Cook in boiling water for 8-10 minutes or until fork tender. Thicker Carrots need longer cooking times. Cook until tender with a bit of a crunch - al dente style.
2. Strain the Carrot Dogs and run cold water over them so they don't continue to cook.
3. For the marinade: mix together 1/2 cup Latin Lemon or Mediterranean Magic SauceAtude, and 2 tbsp. olive or vegetable oil.
4. Put Carrots in an airtight container or zipper plastic bag. Add marinade and shake to coat.
5. Refrigerate for 6 hours or overnight, shaking them several times. The longer you marinate the Carrot Dogs, the more flavorful they will be.
6. Grill Carrot Dogs on hot charcoal, rotating until all sides are brown. Optional methods: brown all sides of carrot dogs in lightly oiled skillet or bake at 350° for 12-15 min.
7. While Carrot Dogs are cooking, prep BBQ Sauce. Mix 4 oz. SauceAtude & up to 1 1/2 oz. honey - or less to taste - creating up to a 3:1 ratio of Sauce to Honey.
8. Remove Carrot Dogs from heat, mix Carrot Dogs with BBQ sauce and immediately cover with foil to trap steam. Let stand for 5 minutes.
9. Serve Carrot Dogs on whole wheat hot dog buns and add your favorite toppings: delicious with carmelized onions and peppers. Enjoy!

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