Carrot Dogs

Source: The Easy Vegan Cookbook by Kathy Hester

A perfect swap for hot dogs, try these carrot dogs with your favorite condiments. Top with vegan baked beans to make a chili dog.

About the Recipe

149 Calories · 5.4 g Protein · 3.6 g Fiber
Lunch · Dinner
Gluten-free · Nut-free

Carrots are rich in beta-carotene!

Be sure to choose a gluten-free hot dog bun if you are following a gluten-free diet. Not all soy sauces are gluten free, so check the label. Tamari is usually safe.

Ingredients

Makes 4 Servings

- 4 carrots, cut to fit the buns
- 1/4 c (60 mL) rice vinegar (or apple cider vinegar and a dash of salt)
- 1/4 c (60 mL) water
- 2 tbsp (30 mL) reduced-sodium soy sauce
- 1/2 clove garlic, minced (or 1/4 tsp (1.2 mL) garlic powder)
- 1/4 tsp (1.2 mL) liquid smoke
- to taste black pepper (optional) **optional*
- 4 hot dog buns, toasted

Directions

1. Boil water in a pot large enough for all the carrots. Lower the heat to medium and add the carrots. Cook until just fork-tender—you want them to have a snap

when you bite into them. Remove from pot and run under cold water.
2. In a container with a tight-fitting lid, combine the remaining ingredients to make the marinade. Tighten the lid and shake until well-mixed.
3. Place the carrots in a container in which they can lie flat. Pour the marinade over them and marinate at least 3-4 hours, up to 24 hours. The longer they marinate, the more vinegar flavor they take on. If you know you need to leave them longer than a day, cut the vinegar to 1/8 c (30 mL). If the carrots are very thin, keep the time short.
4. To serve, put the carrots in a 350 F (177 C) oven, or in a grill pan on a hot grill, until heated through, 10-15 minutes. You can also cook these in your slow cooker in the marinade. You need to check on them, so they do not get mushy, so it is not a set-it-and-walk-away affair. Cook until a fork just goes through the carrot, but it is still slightly firm.
5. Serve in a toasted hot dog bun or wrapped in a lettuce or collard leaf, and pile on your favorite toppings, including mustard, ketchup, relish, tomatoes, pickles, onions, sprouts, purple cabbage, and peppers.

Nutrition Facts

Per carrot dog:

Calories: 149

Fat: 1.6 g

Saturated Fat: 0.3 g

Calories From Fat: 9.8%

Cholesterol: 0 mg

Protein: 5.4 g

Carbohydrate: 27.9 g

Sugar: 5.6 g

Fiber: 3.6 g

Sodium: 516 mg

Calcium: 82 mg

Iron: 1.8 mg

Vitamin C: 3.6 mg

Beta-Carotene: 5,054 mcg

Vitamin E: 0.6 mg