

carrots

select

Choose firm, crisp carrots.
Avoid soft, wilted or split carrots.

store

Refrigerate carrots in a plastic bag.
Remove green tops. Use within 14 days.

prepare

Remove the peel with a vegetable peeler.
2 medium carrots = 1 cup shredded



oriental carrot salad

- 2 cups shredded carrots
- ¼ cup finely chopped green or red pepper
- ¼ cup raisins or craisins
- ¼ cup cashews or sunflower seeds

- step 1** Combine carrots, peppers, raisins, craisins and sunflower seeds in a bowl.
- step 2** Add the oriental salad dressing or your favorite salad dressing. Stir to blend.
- step 3** Refrigerate for a few hours to blend flavors.

Makes 4 servings - One serving (1½ cup) has 116 calories, 4 gms fat, 357 mg sodium and 2.5 gms fiber.

oriental salad dressing:

Combine all ingredients in a jar.
Cover and shake to blend.

- ¼ cup orange juice
- 1 tablespoon vegetable or olive oil
- 1 tablespoon soy sauce
- ⅛ teaspoon ground ginger
- ⅛ teaspoon garlic powder
- 1 teaspoon honey or sugar



veggie patties

- 1 cup shredded carrots
- 1 cup shredded zucchini
- 1 cup shredded potatoes
- ½ cup thinly sliced onion
- 2 tablespoons chopped parsley
- 2 eggs
- 1 cup bread crumbs
- 1 teaspoon salt
- ¼ teaspoon black pepper

- step 1** Combine all the ingredients together in a bowl.
- step 2** Form vegetable mixture into small flat patties.
- step 3** Heat 1 tablespoon oil in a skillet. Cook patties on both sides over medium heat, for about 8 minutes.

Makes 14 patties - One serving (2 patties) has 129 calories, 4 gms fat, 147 mg sodium and 2 gms fiber.



Add shredded carrots to meatballs, meatloaf, spaghetti sauce, soups and casseroles.

Top tacos and sandwiches with shredded lettuce and grated carrots.