

carrots

One of our most nutritious vegetables - lots of vitamin A, K, fiber and potassium!

choose

Select firm, crisp carrots.

Avoid soft, wilted or split carrots.

1 pound = 6 to 8 medium carrots



carrot chips

baby carrots

store

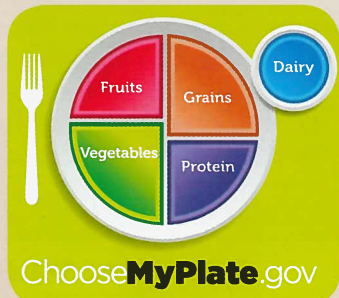
Keep carrots in a plastic bag.
Remove green tops.

Use within 14 days.

prepare

Remove the peel with a vegetable peeler.

1 cup shredded = 2 medium carrots



Make Mixed Veggies -
Roast other vegetables with carrots. Try parsnips, zucchini. Cut vegetables into the same size so they cook evenly.

oven roasted carrots

- 5 carrots
- ½ tablespoon olive oil
- ¼ teaspoon salt
- ⅛ teaspoon black pepper
- 1 tablespoon dry dill weed

Step 1 Peel carrots and cut into strips. Place the carrots in a bowl. Sprinkle with oil, salt and pepper. Toss carrots to coat evenly.

Step 2 Lay carrots on a metal baking pan. Bake in a 400° oven for 15 to 20 minutes or until tender.

Step 3 Remove from the oven. Sprinkle with dill weed.

Makes 4 servings - One serving (½ cup) has 53 calories, 1.5 gm fat, 207 mg sodium and 2.5 gm fiber.

fruity carrot salad

- 3 cups shredded carrots
- ½ cup raisins
- 1 cup pineapple chunks
- 6 ounces low fat banana yogurt

Step 1 Combine the carrots and raisins in a bowl.

Step 2 Mix the crushed pineapple and yogurt together. Pour the dressing over the salad. Stir together.

Makes 6 servings - One serving (½ cup) has 117 calories, .5 gm fat, 56 mg sodium and 2.5 gm fiber.



What are baby carrots?

Most baby carrots are made from regular size carrots. If the label says “**baby-cut carrots**”, they are regular size carrots that are peeled, cut and polished into small carrots.

If the label says “**baby carrots**”, they are carrots harvested when they are very young.



½ cup raw carrots

| | |
|--------------------|------|
| Calories 26 (64g) | |
| % Daily Value* | |
| Dietary Fiber (2g) | 7% |
| Vitamin A | 214% |
| Potassium | 6% |
| Iron | 1% |
| Vitamin C | 7% |
| Folate | 3% |

*Percent Daily Values (%DV) are for adults or children aged 4 or older, and are based on a 2000 calorie diet. Your daily values may be higher or lower based on your individual needs.

Make your own baby cut carrots.

Peel regular size carrots and cut into small slices.



carrot and potato mash

- 3 carrots
- 3 potatoes
- ½ cup skim milk
- salt and black pepper to taste

Step 1 Peel the carrots and potatoes. Cut into medium size pieces. Place in a large pan, and cover with water. Add a dash of salt to the water. Cover and boil until the vegetables are soft.

Step 2 Drain water off the carrots and potatoes. Add the milk, salt and black pepper. Mash together or whip with an electric mixer.

Makes 4 servings - One serving (½ cup) has 137 calories, 0 gm fat, 195 mg sodium and 4 gm fiber.



veggie stir fry

Wash zucchini. Cut carrots and zucchini into thin slices. Heat oil in a large skillet. Add vegetables. Cook and stir for 3 to 4 minutes over medium-high heat. Add a little water if skillet becomes too hot. Season with soy sauce and garlic powder.

beef stew

- 1½ pounds beef roast
- 3 medium red potatoes
- 5 carrots
- 1 (14.5 ounce) can low sodium beef broth
- 3 tablespoons cornstarch
- 1 teaspoon dry Italian herbs
- 1 cup frozen green peas
- salt and black pepper to taste

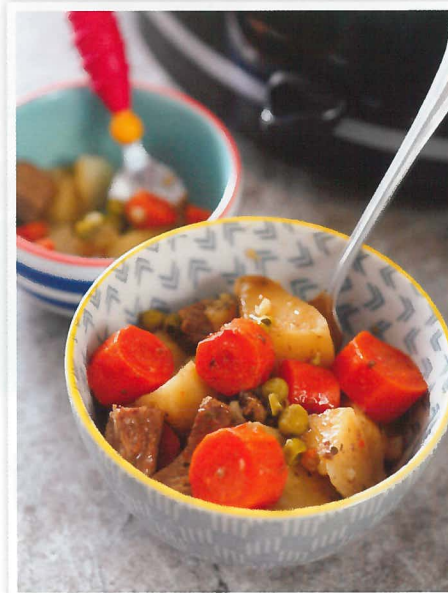
Step 1 Peel the potatoes and carrots. Cut into large chunks and place in a crock pot.

Step 2 Cut the beef roast into large chunks. Place in a nonstick skillet and cook over medium-high heat for 4 to 5 minutes, until the meat is brown. Season with salt and black pepper.

Step 3 Combine cornstarch with beef broth. Add to the cooked meat in skillet. Bring to a boil. Pour meat and sauce over raw potatoes and carrots. Add herbs.

Step 4 Cover and cook in a crock pot on high for 4 to 5 hours, or on low for 8 to 9 hours. Add green peas and cook for 10 more minutes.

Makes 8 servings - One serving (1 cup) has 290 calories, 4 gm fat, 342 mg sodium and 4 gm fiber.



snack

- An easy snack - just peel and eat a carrot.
- Serve baby carrots or carrot sticks with dip - low fat ranch salad dressing, hummus, dill dip or peanut butter.
- Blend shredded carrots into a smoothie.

add more

- Add shredded carrots to a sandwich or taco.
- Mix shredded carrots with lettuce for a salad.
- Add finely grated carrots to meatballs, meatloaf, spaghetti sauce or lasagna.
- Stir chopped carrots into a soup or casserole.

freeze

How to freeze carrots:

Step 1 Peel carrots and cut into slices.

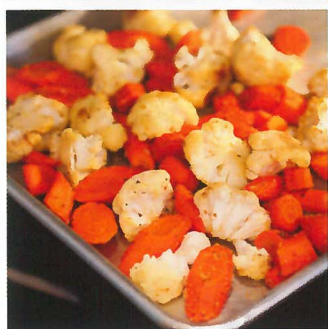
Step 2 Blanch carrots by placing them into a large pot of boiling water for 2 minutes.

Step 3 Remove the carrots from the boiling water and place in a bowl of ice and water for 2 minutes.

Step 4 Drain the carrots. Pack in freezer bags, removing as much air as possible from the bag.

Step 5 Store carrots in a freezer at 0°F for 8 to 12 months.

roasted cauliflower & carrots



- 7 carrots
- ½ head cauliflower
- 1 tablespoon vegetable oil
- ½ teaspoon salt
- ⅛ teaspoon black pepper
- ¼ cup Italian bread crumbs

Step 1 Peel carrots and cut into 1 inch slices. Break cauliflower into pieces.

Step 2 Toss carrots and cauliflower with oil in a bowl. Sprinkle with salt and pepper.

Step 3 Place vegetables on a metal baking pan. Roast in a 425° oven for 20 minutes. Sprinkle with bread crumbs and roast for 5 more minutes.

Makes 8 servings - One serving (½ cup) has 128 calories, 2 gm fat, 263 mg sodium and 3 gm fiber.