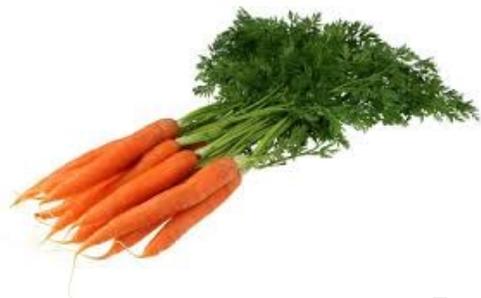


What's Fresh:

Carrots



They're naturally good!

- ◆ An excellent source of vitamin A
- ◆ Also a good source of vitamin K, potassium & vitamin B6
- ◆ 1 cup = 1 serving of veggies

Storage Tips:

Do not wash until ready to eat.
If greens are attached, remove before storing.
To keep fresh, refrigerate in a plastic bag.
Use within 2 weeks.

Spice 'em up!

Carrots pair well with fresh or dried herbs like thyme, rosemary & parsley.

Bring out extra flavor in carrots by adding spices like ginger, paprika, cinnamon or curry powder.

Preparation Tips:

- ◆ Wash before using: scrub under running water to remove any dirt.
- ◆ If the skins are thick, cracked or discolored, peel them away with a vegetable peeler and discard.
- ◆ Cut off the tops and ends of the root and discard.
- ◆ Leave them whole, shred them, dice them or slice them into sticks or rounds as desired.

Ways to eat carrots:



- ◆ **Eat them raw.** Slice them into sticks and serve with hummus or low-fat ranch as a healthy snack.
- ◆ **Shred them.** Shred raw carrots and use in salads, wraps and coleslaws.
- ◆ **Sautee them.** Heat oil in a pan over medium-high heat. Cut carrots lengthwise and then cross-wise into 1/8-inch slices. Add to pan and cook, stirring often, until they begin to turn golden. Add 1/3 a cup of water and simmer until carrots are just tender, about 3 minutes.
For extra flavor, add a clove of minced garlic (or 1/2 tsp garlic powder) and lemon juice!
- ◆ **Roast them.** Preheat oven to 400°F. If carrots are thick, cut them in half lengthwise; if not, leave them whole. Slice into 1 1/2-inch thick slices. Toss with oil, salt and pepper. Place on a baking sheet in a single layer. Turning halfway through, roasted for 20 minutes or until browned & tender.
- ◆ **Steam them.** *Stovetop:* In a large pot with a steamer basket, bring a few inches of water to a boil. Add chopped carrots and cover. Steam until carrots can be pierced with a fork. Season with salt & pepper. *Microwave:* Place carrots and a in a microwave safe-dish. Add a few tablespoons of water. Cover and cook on high for 3-5 minutes, or until tender. Season with salt & pepper to taste.



See more recipes on the back 

