



- Carrots are a root vegetable available year-round
- They add color, sweetness and crunch to your favorite dishes

Health Benefits

- Fiber keeps our digestive system healthy
- Vitamin A keeps eyes, skin and hair healthy
- Potassium is important for healthy muscle growth

Storage

- Will keep in the refrigerator 1-3 weeks

Selection

- Pick firm, smooth and deep colored carrots

Serving Ideas

- Steam carrots on the stove or microwave
- Cut carrots into sticks for a quick snack
- Use a vegetable peeler to make carrot ribbons and add them to your salad
- Add shredded, diced, or grated carrots to casseroles, rice, salads, or soups
- Roast carrots in the oven at 450 degrees for 10 minutes with oil and seasonings

Classic Carrot Salad

Serving Size: 1/2 cup

Makes 8 servings

Ingredients

3-4 cups of grated carrots

1/2 cup of raisins

1 large apple, chopped

1/4 cup low fat mayonnaise or plain yogurt

Directions

Combine all ingredients in a medium sized bowl.



Microwaved Steamed Carrots

Serving size: 1/2 cup

Makes 8 servings

Ingredients

1 pound thinly sliced carrots

1 tablespoon water

Directions

Place carrots and water in a microwave safe dish. Cover and microwave on high 4-6 minutes, until tender.

Uncover carefully, carrots will be hot.