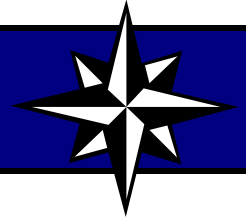


# CARROTS



**To Look for:** Carrots should be well-shaped with firm, smooth exteriors. Color should be vibrant orange to orange-red. For best quality, tops should be closely trimmed since they tend to decay rapidly. Avoid flabby, soft, or wilted carrots or product that shows any mildew, decay, growth cracks, or splits.



**At Home:** To keep carrots fresh, cut off green tops and store unwashed in a plastic bag in the coolest and most humid part of the refrigerator. They'll last several weeks this way.



**Your Health:** Carrots are a "powerhouse" vegetable:

- Very Good Source of Vitamin A
- Good Source of beta-carotene
- Good Source of Fiber
- Also includes Vitamin C, calcium, iron, potassium, and folate



**Benefits:** Eating more vegetables, especially high fiber, Vitamin A and C rich vegetables, reduces risk of cancer, heart disease and strokes.

- Vitamin A helps maintain vision and keeps your immune system healthy
- Fiber aids digestion and gives a feeling of fullness when eating
- Vitamin C helps your body absorb iron and helps your immune system
- Calcium prevents bone loss, iron prevents anemia, potassium keeps up muscle function, and folate helps prevent birth defects.

## Nutrition Facts

Serving Size ½ cup (64g)

Amount Per Serving

<b>Calories</b>	Calories from
26	Fat 0

% Daily Value\*

<b>Total Fat</b> 0g	<b>0%</b>
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Saturated Fat 0g	<b>0%</b>
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<b>Cholesterol</b> 0mg	<b>0%</b>
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<b>Sodium</b> 44mg	<b>2%</b>
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<b>Total Carbohydrate</b> 6g	<b>3%</b>
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Dietary Fiber 2.5g	<b>10%</b>
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Sugars 3g	
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<b>Protein</b> 1g	
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Vitamin A	-	Vitamin C
215%		6%

Calcium 2%	-	Iron 1%
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\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## Additional Nutrition Information

Potassium 205mg	<b>6%</b>
Folate 12mg	<b>3%</b>



**Tips to Eat More Carrots:** A serving of carrots is ½ cup raw or cooked, or 1 medium raw carrot (about 7-8 baby carrots).

- Have baby carrots for a quick snack.
- Add raw, chopped carrots to vegetable trays and eat with reduced fat vegetable dip or salad dressing.
- Add raw, chopped carrots to salads (try salads made with spinach, romaine lettuce or red leaf lettuce, all “powerhouse” vegetables) or coleslaw.
- Steam carrots in the microwave or using a vegetable steamer; sprinkle with herbs or spices and drizzle with a little margarine or honey.
- Add finely grated carrots to pasta sauce for some added Vitamin A—no one will notice the difference!
- Add sliced carrots to soups and stews: remember they have a slightly longer cooking time than some other vegetables.
- Add carrots to quick and easy meat or vegetarian stir-fry dishes.



**Quick Recipe Ideas:**

- Carrots are easy to add to any salad. Just take a medium carrot and grate with a cheese grater with medium sized holes.
- For an easy carrot-raisin salad: Toss 5-6 grated carrots with ½ cup raisins and 1 cup vanilla yogurt. Chill for 15 minutes and serve; you can add sliced almonds for extra crunch.

- **Honey Carrots:**

- 1-1/2 lb. baby carrots
- 1/2 cup water
- 1 Tbsp. light margarine
- 2 Tbsp. honey
- 1/2 Tbsp. light brown sugar
- 2-3 Tbsp. minced, fresh, parsley

Per serving: 90 calories, 4 g. fiber, 2g. fat (1g. saturated fat), 70% Vitamin A, 28% Vitamin C

Source: St. Louis Post Dispatch

In medium saucepan, bring water to boil over high heat. Add carrots. Reduce heat. Simmer covered 10 minutes, or until tender-crisp. Drain. In large nonstick skillet, melt margarine over medium heat. Add honey, sugar, and carrots. Over medium-low heat, cook 1-2 minutes, stirring often, until carrots are well glazed. Sprinkle with parsley before serving.

Makes 6 servings.



### **For Two or Three:**

To serve two or three, follow same directions using: ½ lb. baby carrots, ¼ cup water, ½ Tbsp. light margarine, 1 Tbsp. Honey, ¾ tsp. light brown sugar, and 1-2 Tbsp. minced fresh parsley. Save the rest or divide this recipe by 2 to serve one.

**Modifications:** If you restrict sugar, use less brown sugar and honey or try a sugar substitute.

**Storage and Freezing:** This dish is best eaten within a day or two of making. If you want to make the Honey Carrots ahead, boil the carrots the night before. Leftovers make a great side dish or lunch snack.

### ***Kid Friendly***

Try this recipe with your family or have your kids help you make it—it can be a good way to introduce them to a new way of eating carrots. Caution: Carrots can be a choking hazard for small children.