Carrots

Why Should I Eat Carrots?
• Lots of Vitamin A - good for eyes, skin and immune system.
• Full of Potassium – helps lower blood pressure.
• Have Fiber – helps keep you regular and full longer.

How Do I Know I Have Good Ones?
• Look for carrots that have a mostly smooth surface, are hard, and are brightly colored.
• Avoid carrots that are soft, limp, or have mildew or cracks.
• Peeled baby carrots should be damp but not slimy.

How Should I Handle Them At Home?
• Remove green leaves at the top (if they are there).
• Keep unwashed, dry carrots in a plastic bag in the coldest part of refrigerator until ready to use. They should last for at least 10 days.
• Try to store them away from apples, avocados, cantaloupe, peaches, pears, and potatoes. These will make carrots get soft.
• Rinse and scrub just before eating. Peel if eating raw.
Cooking with Carrots

**Orange-Glazed carrots**

Serves 4 people

- 1 lb carrots- rinsed, scrubbed, and sliced
- 1/4 cup of orange juice
- 2 Tbsp brown sugar
- 1 1/2 tsp of cinnamon

Some people like to add a dash of ground cloves too.

1. Mix carrots and orange juice in a microwave-safe dish. Heat on high for 5-7 minutes or until carrots are soft.
2. Add brown sugar, and stir until dissolved.
3. Reheat for another 30 seconds.
4. Finish with sprinkling the cinnamon on top.

**Sweet Carrot Salad**

Serves 8 people

- 1 lb carrots, grated
- 1 cup (8 oz can) crushed canned pineapple
- 1/2 cup raisins
- 1 Tbsp honey
- 2 Tbsp of low-fat mayonnaise, or to taste
- dash lemon juice

1. In a large bowl, mix together the carrots, pineapple and raisins.
2. Combine honey, mayonnaise and lemon juice in small bowl.
3. Stir into carrots until evenly coated.
4. Refrigerate for at least 30 minutes before serving.

Adapted from: Allrecipes.com

**Oven Baked Carrot Fries**

Serves 4 people

- 1 1/2 lbs carrots, washed, peeled
- 1 tsp sugar
- 2 tbsp olive oil
- 1/2 tsp salt
- 2 tbsp rosemary (or parsley)-finely chopped
- 1 pinch pepper

Note: Baking carrots brings out their natural sweetness. You’ll be surprised how good these are!

1. Heat oven to 425 F and line a deep pan with oil.
2. Cut the carrots in half (long ways), cut the halves long ways, again, and then cut that same way again to the same size.
3. In a mixing bowl, add the carrot sticks, olive oil, rosemary, sugar, and salt and pepper. Stir until the carrots are all coated.
4. Place carrots in the pan and spread them out as much as possible. Bake for 20 minutes or until carrots are soft.
5. Serve hot or at room-temperature.

Source: food.com