

Carrots



What's so great about them?

Carrots are a good source of **vitamin A**, which is essential for healthy eyes. They have **antioxidants** for a good immune system. Carrots are also a good source of **fiber**. Raw or cooked carrots have more fiber than carrot juice.

Carrot Fun Facts

- Carrots come in multiple colors such as purple, yellow, red, white, and orange.
- Carrots are **root vegetables**, which means that they grow underground.
- Carrots are a staple and can be found year-round in grocery stores and food pantries.



Veggie Stir-Fry recipe



Ingredients:

1 tablespoon of butter or oil
 1 cup carrots, sliced
 1 medium onion, diced
 1 small zucchini, diced
 2 cups broccoli florets
 1 large bell pepper, sliced in strips
Any vegetables can be substituted.



Instructions:

- 1) Heat oil in pan on medium heat.
- 2) Add carrots and onions 2 minutes before the other veggies.
- 3) Stir-fry 5-7 minutes or until veggies are tender crisp.
- 4) Optional: add soy sauce or garlic powder and serve over cooked rice.

Carrot Tips & Tricks

Food Safety

- Keep fresh produce away from raw meat to prevent cross-contamination.
- Discard carrots if they become soft or slimy.

Preparation

- If you scrub carrots well to remove dirt, you don't need to peel them.
- Slice and eat carrots raw with your favorite dip.
- Shred and put them into a salad or baked goods.
- Cut and boil in water - this can be done in a microwave too.
- Remove stems and leaves if they are attached. Add them to stews, soups or stir-fry.



Storage

- Carrots will stay fresh in the refrigerator for 2-3 weeks.
- To keep carrots fresher longer, store in a bag with a damp paper towel.
- Baby carrots do not usually last as long as large carrots because they dry out faster.
- Do not wash carrots until right before cooking or eating.



Easy Glazed Carrots

- Drain canned carrots and place in a microwave-safe bowl.
- Add one tablespoon of butter, and sprinkle cinnamon and sugar on top.
- Microwave for 3-6 minutes or until carrots are heated through.

Tip: try honey and lemon instead of cinnamon and sugar. This sweet treat can be made with fresh, frozen, or canned carrots!

