

# **CARROTS**

#### **Nutritious and Delicious**

Carrots are a root vegetable and one of the most popular go-to vegetables. They are naturally sweet, low-calorie, and offer a satisfying crunch with each bite. While we know them as an orange vegetable, carrots can also come in a rainbow of colors which makes for a fun snack for kids. Carrots are an excellent source of Vitamin A for eye health as well as providing B vitamins, vitamin K, potassium, and fiber.

#### Storing and preparing

Carrots should be stored in the refrigerator in a plastic bag, loosely tied or knotted. To prepare, scrub carrots to remove any dirt on the outer layer. They can also be peeled with a vegetable peeler after rinsing.

#### Cooking

BAKING or ROASTING: Cut or slice carrots and place on a lightly-oiled baking sheet. Cook at 400°F for 25 to 30 minutes or until browned and just soft.

**STEAMING:** Cut carrots into slices and put in a steamer basket. Boil an inch or two of water in a saucepan. Put the steamer basket over the boiling water. Cover the saucepan, leaving a small vent for steam to escape. Cook on medium heat for 5 to 10 minutes or until carrots are tender.

MICROWAVING: Cut carrots into slices and place in a microwave-safe dish. Add 3 Tablespoons water. Cover and cook on high for 10 minutes. Stir once halfway through cooking time.



## Ways to enjoy

- Raw carrots are great eaten plain!
- Add grated carrots to quick breads, tomato sauces, soups,
- Serve carrot slices or sticks with low-fat dressing, hummus, or salsa.
- Add grated carrots to peanut butter and jelly sandwiches.

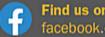
Check out our super quick and tasty recipe for Carrot Raisin Salad with Yogurt at https://buyeatlivebetter.org/recipes.html

Montana Harvest of the Month's Crispy Carrot Fries video at https://youtu.be/ xFSHqfcwOo

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### **Vegetable Ribbons**

Yield: 4 Servings | Serving Size: 3/4 Cup

1 medium zucchini, washed and ends trimmed

1 large carrot, peeled and ends trimmed

1 teaspoon olive or vegetable oil (or cooking spray)

¼ teaspoon pepper, dash salt (optional)

- 1. Using a vegetable peeler, shave the zucchini and carrot into ribbons by moving the peeler back and forth.
- 2. Heat the oil in a large skillet over medium heat (or lightly coat pan with cooking spray).
- 3. Add the vegetable ribbons, stir; cover with a tight-fitting lid and cook for 2 to 3 minutes, or until vegetables are tender. Do not overcook.
- 4. Remove from heat, add pepper and salt, if desired, and serve immediately.

Iowa State University Extension

#### **Nutrition Facts** 4 servings per container 3/4 cup (70g) Serving size Amount per serving Calories % Daily Value Total Fat 1.5g 2% Saturated Fat 0g 0% Trans Fat 0g 0% Cholesterol 0mg Sodium 20mg 1% Total Carbohydrate 3g 1% Dietary Fiber 1g 4% Total Sugars 2g Includes 0g Added Sugars 0% Protein 1g Vitamin D 0mcg Calcium 14mg 2% 0% Iron 0ma Potassium 194mg 4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories day is used for general nutrition advice.

## **Savory Carrots and Squash**

Yield: 4 Servings | Serving Size: 3/4 Cup

2 medium carrots

2 Tablespoons vegetable broth

1 small butternut squash

1 teaspoon vinegar

1 teaspoon sugar

1½ teaspoons Dijon or spicy mustard

- 1. Scrub and cut carrots into 2-inch sticks.
- 2. Using a vegetable peeler, peel butternut squash, cut in half and remove seeds. Cut one half of squash into 2-inch sticks. Reserve the remaining half, wrapped tightly in plastic wrap, for use in another recipe.
- 3. Combine carrots and broth in saucepan. Cover and cook over medium heat about 5 minutes.
- 4. Add squash and cook 5 more minutes or until vegetables are just tender. Add more broth if necessary to keep the vegetables from burning.
- 5. Stir vinegar, brown sugar, and mustard into vegetables.
- 6. Cook for a few minutes over medium heat until most of the liquid cooks off.
- 7. Remove from heat and serve immediately.

#### **Nutrition Facts** 4 servings per container Serving size 3/4 cup (152g) Amount per serving Calories % Daily Value' Total Fat 0g Saturated Fat 0g 0% Trans Fat 0g Cholesterol 0mg 0% Sodium 110mg 5%

Total Carbohydrate 14g	5%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 1g Added Sugars	2%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 38mg	2%
Iron 1mg	6%
Potassium 392mg	8%
*The % Daily Value tells you how much a nutri	ent in a

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