

# Carrots

**Selection** - Choose firm, crisp carrots that are smooth and deep in color. Carrots can be orange, red, purple, white or yellow.

**Storage** - Store carrots in the refrigerator. If green tops are still attached, cut off before refrigerating (stays fresh for up to 2 weeks).

**Nutrition** - Vitamin A in carrots supports healthy eyes and healthy skin.

## 3 EASY WAYS TO USE CARROTS

- To steam carrots, slice into small bite-size pieces. Cook in a small amount (about 1/4 cup) of boiling water or broth until soft, about 10-15 minutes.
- To roast carrots, toss in olive oil, honey and black pepper and bake at 400 degrees for 30-35 minutes. Sprinkle with parsley or spices.
- To make a soup, blend cooked carrots with 1/2 cup chicken or vegetable broth, cooked onions, garlic, pepper and 1/4 cup plain yogurt. Top with a sprinkle of parsley or basil.



# Carrot Raisin Salad

Makes 6 (1/2 cup) Servings

## Ingredients

- ☐ 2 cups shredded carrots (about 4 carrots)
- ☐ 1/2 cup raisins
- ☐ 2 tablespoons low-fat mayonnaise or salad dressing
- ☐ 2 tablespoons plain yogurt or orange juice

## Directions

1. Combine carrots and raisins in a serving bowl.
2. Mix low-fat mayonnaise or salad dressing with yogurt or orange juice.
3. Pour mixture over carrots and raisins and chill until serving time.

