

Let's Talk Carrots

NCC Health & Wellness

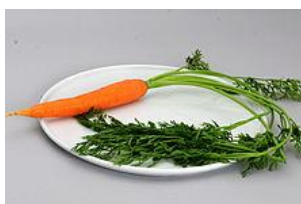
Common Varieties:

Select: Select firm, crisp carrots. Avoid soft vegetables or those with black spots.

Store: Store in plastic bags in the refrigerator.

Nutrition: Excellent source of Vitamin A. Good source of fiber, minerals and Vitamin C.

Uses: Raw, shredded, grilled, poached, boiled, baked and salads.



Food Safety Tips

- 1.) **Clean:** Make sure you use hot, soapy water to clean your hands, utensils and all items that touch food prior to starting. Wash fruits and veggies before prep, but not meat, poultry or eggs!
- 2.) **Chill:** Keep cold foods cold. Refrigerate cut produce ASAP and store between 32 to 40 degrees F. Frozen foods should be kept below 32 degrees F.
- 3.) **Separate:** Keep raw meat, poultry and seafood away from ready to eat foods. Watch those cutting boards!
- 4.) **Cook:** Be sure to check internal cooking temperatures of food.

For more tips go to: www.foodsafety.gov

Five Easy Ways to Prepare:

(see recipes below for more details)

- 1.) Wash, peel, eat (alone or with a dip)
- 2.) Shred and use in stir fry
- 3.) Dice into tuna salad
- 4.) Roast with other root vegetables in 400-degree F oven
- 5.) Boil for a few minutes, until soft, then use a food processor/blender to blend until smooth. Add herbs or salt. Use as vegetable/meat sauce.

Roasted carrots are amazingly delicious. Carrot tops can be used to make vegetable stock.

Carrot Salad

Serves 6

3 med carrots, shredded

½ c raisins

2 T pineapple, shredded (canned OK)

1 T coconut, shredded (optional)

2 T walnuts, chopped (optional)

Dressing

¼ c mayonnaise, low fat (or plain yogurt)

1 tsp lemon juice (or pineapple juice)

- 1.) Combine dressing ingredients in small bowl. Whisk together well.
- 2.) Combine remaining salad ingredients in large bowl. Add dressing. Mix well.
- 3.) Serve immediately or chill.

Grilled Carrots

Serves 4

8-9 whole carrots

1 ½ c water

Oil spray for grill/pan

Dressing

2 T honey

1 tsp lemon juice

¼ tsp salt

- 1.) Preheat oven or grill - 425 degrees F.
- 2.) Bring water to a boil in large pan.
Add carrots. Simmer for 3 minutes.
- 3.) Spray grill or pan.
- 4.) Place carrots on grill or in oven pan.
Heat for 7 min, or until starting to brown.
- 5.) While carrots are heating, whisk dressing ingredients together.
- 6.) Drizzle dressing on carrots when removed from oven. Serve hot.

Minimum recommended daily amount of cups of fruits and vegetables

		age in years				
		1-3	4-8	9-13	13-18	18+
male	fruit	1c	1c	1.5c	2c	2c
	veg	1c	1.5c	2c	3c	3.5c
female	fruit	1c	1c	1.5c	2c	2c
	veg	1c	1.5c	2c	2.5c	3c

Fruits: Whole fruits are better than juice.

1 cup of fruits equals:

- 1 cup raw or cooked fruit; or
- ½ cup dried fruit; or
- 1 cup 100% fruit juice

Vegetables: Eat a rainbow of colors, including dark green, red and orange. Fresh, frozen and canned are all ok!

1 cup of vegetables equals:

- 1 cup raw or cooked vegetables; or
- 2 cups leafy salad greens; or
- 1 cup 100% vegetable juice

For more information:

www.choosemyplate.gov

Ginger Carrot Soup

Serves 4

1.5 lb carrots (10-12 med, 6-7 large),
chopped into 1" chunks

2 c water

1 c yellow onion, chopped

1 med clove, garlic

1 T ginger, grated fresh

1 T olive oil

¾ tsp salt

sour cream or plain yogurt garnish, optional

- 1.) Bring water with carrots to bowl in large pot. Reduce heat. Simmer until carrots are tender (10-15 min).
- 2.) While carrots are cooking, sauté onions in oil over med heat for 5 min. Add garlic, ginger and salt. Turn down heat to low and cook until onions have softened.
- 3.) Allow both mixtures to cool slightly.
- 4.) Combine carrots with water and onions in food processor or blender until smooth puree. Reheat to serve.
- 5.) Add garnish, if desired.

Feel good, be active!

Adults: Aim for 30 min of exercise most days.
Children: Aim for 60 min of exercise everyday.

