# WHAT'S FRESH Carrots Carrots are a versatile root vegetable that cook quickly and can easily be added to a variety of dishes to add more vegetable servings to your day! They come in a variety

## How to cut carrots:

Gently scrub carrots under running water before using. Pat dry. Use a vegetable peeler to remove the skin if it is dark colored or cracked.

of colors and are a great source of Vitamin A and K, as well as fiber and biotin.



#### 1. Grate

Place box grater on a cutting board or in a bowl. Hold carrot at an angle to the grater and slide up and down. Be careful, don't hurt yourself.



## 3. Dice

First cut carrot into sticks. Line up sticks and cut together into smaller pieces. Thinner sticks will make a smaller dice. For a large dice, cut into quarters then dice.



## 5. Julienne or Matchsticks

Slice carrot into angled slices from the previous step. Line up the slices and cut into thin sticks.



#### 2. Sticks for dipping

Cut carrot in half, long ways. Cut each half again. If the quarters are too large, cut each in half again.



#### 4. Slices or Rounds

If the carrot is large, cut in half long ways first. Cut into thin slices at an angle or straight. Thin slices cook faster.



#### 6. Chunks for slow cooking

Cut one inch slices down the length of the carrot, rotating the carrot between each cut. The pieces will look like triangles.

## **Quick Tips:**

- · Do not wash until ready to eat, remove greens before storing.
- To keep fresh, refrigerate in a closed plastic bag. Use within 2 weeks.

## Ways to eat carrots:

**Eat raw:** Slice them into sticks and serve with hummus or low-fat ranch as a healthy snack. Customize your dip by adding your favorite spices to plain hummus or Greek yogurt.

**Shred:** Raw shredded carrots can be added to any dish that need extra vegetables: salads, wraps, coleslaws, pasta sauce, muffins or pancakes, or even meat dishes like taco filling, meatloaf or sloppy joes.

Sauté: Heat oil in a pan over medium-high heat. Dice or cut carrots into rounds.] Add to the hot pan and cook, stirring often, until they begin to turn golden. Add 1/3 cup of water and simmer until carrots are just tender, about 3 minutes. Add extra flavors like chopped garlic, onions or a hot pepper for an extra kick.

Roast: Preheat oven to 400°F. Leave thin carrots whole or cut in half longways. Cut thick carrots into quarters longways or slice into thick slices. Toss with oil, salt and pepper and spices. Place on a baking sheet in a single layer. Roast for 10 minutes, flip carrots, then roast for 10 more minutes until browned and tender.

Steam: Add several inches of water to a pot with a steamer basket [or use a metal colander that will fit inside the pot]. Bring to a boil then add chopped carrots. Cover. Steam for 3-5 minutes or until tender.



## **Ingredients**

Carrots - 1 pound, sliced thin

Juice - 1 cup [apple or orange]

Salt - 1/4 teaspoon

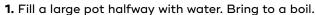
A Pinch of Black Pepper

Cinnamon - 1/2 teaspoon [with apple juice]

Italian Seasoning - 1/2 teaspoon [with orange juice]

## **Glazed Carrots**

## Directions:



- 2. While water is heating, cut the carrots.
- 3. In a large skillet over medium heat the orange or apple juice until it thickens. Watch carefully so it doesn't burn.
- 4. Once water boils, add sliced carrots and cook for 7-10 minutes.
- 5. Drain carrots and rinse under cold water. Add carrots and spices to the glaze.
- 6. Serve warm.



Carrot - 1 medium size, grated

Beans - 1 can [15 oz.] or 2 cups, drained & rinsed [pinto, black, kidney]

**Ground Turkey** - 1 pound

Chili Powder - 1 tablespoon

Garlic Powder - 1 teaspoon

Salt - 1/2 teaspoon

Black Pepper - 1/2 teaspoon

Taco Shells - 16 count [hard or soft]

## **Turkey Tacos**

## Directions:



- 2. Add shredded carrots, beans, crushed tomatoes and seasonings. Mix well.
- 3. Simmer for 15-20 minutes to thicken the sauce.
- 4. While simmering, prepare the toppings.
- 5. Add 2 Tablespoons to each taco shell and top with shredded lettuce, tomatoes and grated cheese.

## Toppings:

1/4 medium head of lettuce, shredded

2 large tomatoes, or 1 [15oz.] can diced tomatoes

8 ounces low fat cheddar cheese





