

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

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.



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.



Glazed Carrots

SERVES
6

Directions:

1. Fill a large pot halfway with water. Bring to a boil.
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.

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]

OR

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



Turkey Tacos

SERVES
8

Directions:

1. Brown ground turkey in a large skillet.
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.

Ingredients

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]

Toppings:

1/4 medium head of lettuce, shredded

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

8 ounces low fat cheddar cheese