



# Carrots

## Nutrition Facts

Serving Size: ½ cup carrots, sliced (61g)

Calories 25      Calories from Fat

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Sugars 3g	
Protein 1g	

Vitamin A 204%      Calcium 2%  
Vitamin C 6%      Iron 1%

## Reasons to Eat Carrots

Two medium carrots or eight baby carrots are equal to about one cup of vegetables. One cup of carrots is an excellent source of Vitamin A and Vitamin K.

Vitamin A helps maintain good vision, fight infection, and keep skin healthy.

Vitamin K helps stop cuts and scrapes from bleeding too much and starts the healing process.



## Produce Tips

- ✓ Carrots are in season all year long.
- ✓ Look for long, thick, deep-orange carrots.
- ✓ Make sure they have no bumps or cracks.
- ✓ Avoid carrots that are wrinkled or soft.
- ✓ Carrots are best stored in the refrigerator vegetable drawer.
- ✓ If you buy carrots with the green tops still on, break off the tops and rinse the carrots.
- ✓ Do not store with fruits. Fruit gives off a natural gas that can make vegetables go bad.

## Helping your Kids Eat Healthy

1. Carrots that are no longer than 6 inches tend to be sweeter. So choose the shorter variety if you like it sweet or the longer one if you prefer it less sweet.
2. Most of the nutrients are concentrated just under the skin so try not to peel off the skin. To clean it, simply use a hard brush to brush the skin.
3. Cut them lengthwise to preserve the nutrients as when cut in small rounds, they easily lose their nutrients in water when you wash or cook them.
4. Try carrots grated, sliced; raw and cooked.



## Carrot Recipes



### **Carrots and Raisins Salad**

10 to 12 carrots, peeled and shredded  
1 C. raisins

2 (8-ounce) cartons non-fat vanilla yogurt  
lettuce or small paper bowls

Directions: Mix carrots, raisins and yogurt together in a large bowl. Cover with plastic wrap and refrigerate for 15 minutes. Spoon  $\frac{1}{4}$  cup into lettuce leaves or small paper bowls.

### **Vegetable Quesadillas**

1 large carrot, grated  
1 zucchini, grated  
8 flour tortillas

$\frac{3}{4}$  C. shredded cheese  
Bottled hot sauce, to taste

Directions: In a bowl, mix carrot and zucchini. Sprinkle  $\frac{1}{2}$  cup mixture over four tortillas. Top each with 3 tablespoons cheese. Add hot sauce. Cover with a second tortilla. Heat a nonstick pan over medium heat until hot. Place each quesadilla in pan and cook 1 minute. Turn over and cook 1 minute longer or until cheese melts. Cut each quesadilla and serve warm.

### **Buttery Cooked Carrots**

1 pound baby carrots  
 $\frac{1}{4}$  C. butter

$\frac{1}{3}$  C. brown sugar

Directions: Cook carrots in a large pot of boiling water until tender. Drain off most of the liquid, leaving bottom of pan covered with water. Set the carrots aside. Stir margarine and brown sugar into the water. Simmer and stir until the margarine melts. Return carrots to the pot, and toss to coat. Cover, and let sit for a few minutes to allow flavors to mingle.

### **Carrot Bars**

$\frac{1}{2}$  C. white sugar  
1 C. grated carrots  
1 C. raisins  
1 C. water  
1 tsp. ground cloves  
1 tsp. ground cinnamon  
 $\frac{1}{2}$  C. orange juice

1 tsp. ground nutmeg  
2 T butter  
2 C. all-purpose flour  
2 tsp baking soda  
 $\frac{1}{4}$  tsp. salt  
1 C. chopped walnuts, optional

Directions: Preheat oven to 325 degrees F (160 degrees C). Grease a 9x13 inch baking pan. In a small saucepan, combine sugar, carrots, spices, raisins, water, orange juice and butter. Bring to a boil, reduce heat and simmer for 5 minutes. Pour mixture into a large bowl and cool to lukewarm. Add flour, baking soda, and salt to the carrot mixture. Mix well, and stir in walnuts. Bake for 35 to 40 minutes in the preheated oven, or until a toothpick comes out clean.