



HEALTHY WAYS CANNED CARROTS



Tips!

Drain & rinse canned vegetables to reduce sodium (salt)

- Boost nutrition by adding chopped up carrots to marinara sauce or mashed potatoes.
- Try adding carrots to soups, stews, chilis, stir fries and casseroles.
- Sprinkle canned carrots with cinnamon for a sweet taste or curry powder for a spicy kick!
- Heat them up in the microwave or sauté them on the stove with butter, garlic and herbs.

RECIPES

Sunshine Smoothie

You won't taste the hidden veggies in this yummy drink!

Ingredients:

1/2 cup canned carrots, drained and rinsed
1 banana

1/2 cup cold apple juice or orange juice
1/2 cup ice (optional)

Directions:

1. Combine all the ingredients & blend until smooth. Add some ice cubes for a thicker, frothier texture!

Glazed Carrots 6 Ways

Ingredients:

1 (14oz) can of carrots, drained (reserve liquid)

1 tbsp butter or oil

Choose your glaze!

1. Honey Mustard Glaze: 2 tbsp honey or brown sugar + 1 tbsp Dijon mustard
2. Warm Apple Glaze: 2 tbsp applesauce or juice + 1 tbsp maple syrup + 1/4 tsp cinnamon
3. Maple Cinnamon Glaze: 2 tbsp maple syrup + 2 tbsp vinegar + 1/4 tsp cinnamon
4. Sweet Citrus Glaze: 1 tbsp lemon or orange juice + 1 tbsp maple syrup or brown sugar
5. Orange Spiced Glaze: 2 tbsp orange juice + 1 tbsp sugar + pinch cayenne pepper
6. Hawaiian Style Glaze: 2 tbsp crushed pineapple + 1 tbsp sugar + 2 tsp soy sauce

Directions:

1. Stovetop: In a small saucepan over medium-high heat, combine 1 tbsp butter or oil with your choice or glazing ingredients. Cook, stirring frequently, until mixture begins to bubble. Add carrots and stir to coat. If needed, add 1-2 tbsp of the reserved carrot liquid to thin the sauce. Cook, stirring constantly, until carrots are heated through. Add salt and pepper to taste. Serve warm.
2. Microwave: In a microwave-safe bowl, combine 1 tbsp butter or oil with your choice of glazing ingredients. Microwave for 1-2 minutes on high, or until mixture starts to bubble. Add carrots and stir to coat. If necessary, add 1-2 Tablespoons of reserved carrot liquid to thin the sauce. Cook for 1 more minute or until heated through. Add salt and pepper to taste. Serve warm.

Easy Carrot & Cranberry Pasta Salad

Ingredients:

1 (14.5 oz) can of drained and rinsed carrots
1 (15 oz) can beans (any kind), drained and rinsed
2 cups whole wheat pasta
1/2 cup of dried cranberries or raisins

1/4 cup Italian dressing (if you don't have Italian dressing, combine 1/4 cup oil with 3 tbsp vinegar, add 1 tsp Italian seasoning, 1/2 tsp garlic powder, 1/4 tsp black pepper. Stir well.

Directions:

1. Cook pasta according to directions. Drain and rinse with cold water. Set aside.
2. In a large bowl, combine pasta, beans, carrots and dried fruit. Toss with dressing and serve chilled.



MAKE IT A MEAL: RECIPES



Spiced Carrot & Apple Soup

Ingredients:

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| 1 tbsp oil | 3 cups chicken stock, vegetable broth, or water |
| 1 onion | 1/4 tsp black pepper |
| 2 cloves garlic, minced (or 1/2 tsp garlic powder) | 1/2 tsp ground cinnamon (optional) |
| 2 (14.5 oz) cans of carrots, drained & chopped | 1 tsp curry powder (optional) |
| 1 apple, peeled & chopped | 1 tsp fresh grated ginger (optional) |

Directions:

1. In a large pot, heat oil over medium-low heat. Add onion and cook until browned, about 5-7 minutes. Add garlic; cook for 1 minute longer, stirring constantly.
2. Add the apple to the pan; cook until soft, about 5 minutes.
3. Add carrots, stock/broth/water, and seasonings; bring to a boil.
4. Reduce heat to low and simmer for 10-15 minutes.
5. Transfer the soup into a blender; open the latch in the top of the blender to let steam escape. Cover this opening with a towel and blend until smooth. For a chunkier soup, skip this step. Serve warm

Glowing Mashed Potatoes

Ingredients:

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| 2 (14.5oz) cans potatoes, drained & chopped | 1/4 cup low-fat milk (or water) |
| 1 (14.5oz) can sliced carrots, drained & rinsed | 1/2 tsp salt |
| 1 tbsp butter or oil | 1/4 tsp pepper |
| 1/2 tsp garlic powder (optional) | 1/2 cup of canned or frozen peas (optional) |

Directions:

1. Stovetop: Bring a large pot of salted water to a boil. Add potatoes and carrots and cook for 5 minutes, or until soft enough to mash. Drain in a colander (if you are not using milk, save ¼ cup of the hot water). Return potatoes and carrots to the pot. Add butter or oil, salt, pepper, garlic powder (if using) and milk or hot water. Mash with a hand mixer or potato smasher. Add peas, if using. Serve warm.
2. Microwave: Place potatoes and carrots in a microwave safe bowl. Fill the bowl with enough water to cover the vegetables. Microwave for 5 minutes or until soft enough to mash. Drain in a colander (if you are not using milk, save ¼ cup of the hot water). Return potatoes and carrots to the bowl. Add butter or oil, salt, pepper, garlic powder (if using) and milk or hot water. Mash with a hand mixer or potato smasher. Add peas, if using. Microwave for 30 seconds, or until heated through. Serve warm.

Pineapple Carrot Muffins

Ingredients:

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| 3/4 cup finely chopped canned carrots | 3/4 cup brown sugar, packed |
| 1 cup canned crushed pineapple with juice | 1 tsp baking soda |
| 5 tbsp oil | 1 tsp ground cinnamon |
| 1/4 cup water | 1/4 tsp salt |
| 1 tbsp white vinegar | pinch of pumpkin pie spices |
| 3/4 cup all-purpose flour | non-stick cooking spray |
| 3/4 cup whole wheat flour (or more all-purpose) | 1/2 cup raisins or chopped walnuts (optional) |

Directions:

1. Preheat oven to 350°F.
2. Pat chopped carrots dry to remove any excess water.
3. In a medium bowl, add pineapple with juice, oil, water, vinegar and carrot. Mix with a fork to combine.
4. In a large bowl, mix flour, brown sugar, baking soda, cinnamon, salt and pumpkin pie spice. Blend well with a fork to break up any lumps.
5. Add wet ingredients to dry ingredients. Mix until just combined. If using walnuts add now.
6. Coat muffin pan with non-stick cooking spray. Fill each muffin cup about ¾ full with batter.
7. Bake on the middle rack for about 20-25 minutes or when a toothpick inserted comes out clean.