



Healthy Ways to Eat Canned Carrots



Drain & rinse canned vegetables to reduce sodium (salt)

1. Boost nutrition by adding chopped up carrots to marinara sauce or mashed potatoes.
2. Try adding carrots to soups, stews, chilis, stir fries and casseroles.
3. Sprinkle canned carrots with cinammon for a sweet taste or curry powder for a spicy kick!
4. Heat them up in the microwave or saute them on the stove with butter, garlic and herbs.
5. Make a Sunshine Smoothie. You won't taste the hidden vegetables in this yummy drink!

Ingredients:

½ cup canned carrots, drained & rinsed ½ cup cold apple juice or orange juice
1 banana ½ cup ice (optional)

Directions:

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

6. Make Glazed Carrots 6 Ways. Find your favorite variation!

Ingredients:

1 (14.5-oz) can of carrots, drained (reserve liquid) 1 Tablespoon butter or oil

Choose your Glaze:

Honey Mustard Glaze: 2 Tablespoons honey or brown sugar + 1 Tablespoon Dijon mustard
Warm Apple Glaze: 2 Tablespoons apple sauce or juice + 1 Tablespoon maple syrup + ¼ teaspoon cinnamon
Maple Cinnamon Glaze: 2 Tablespoons maple syrup + 2 teaspoons vinegar + ¼ teaspoon cinnamon
Sweet Citrus Glaze: 1 Tablespoon lemon or orange juice + 1 Tablespoon maple syrup or brown sugar
Orange-Spiced Glaze: 2 Tablespoons orange juice + 1 Tablespoon sugar + pinch cayenne pepper
Hawaiian-Style Glaze: 2 Tablespoons crushed pineapple + 1 Tablespoon sugar+ 2 teaspoons soy sauce

Directions:

1. Stovetop: In a small saucepan over medium-high heat, combine 1 Tablespoon butter or oil with your choice of glazing ingredients. Cook, stirring frequently, until mixture begins to bubble. Add carrots and stir to coat. If needed, add 1-2 Tablespoons 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 Tablespoon 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.

7. Make Spiced Carrot & Apple Soup for a savory dish with a hint of sweetness.

Ingredients:

1 tablespoon oil 3 cups chicken stock, vegetable broth or water
1 onion, chopped ¼ teaspoon black pepper
2 cloves garlic, minced (or ½ tsp garlic powder) ½ teaspoon ground cinnamon (optional)
2 (14.5-oz.) cans of carrots, drained & chopped 1 teaspoon curry powder (optional)
1 apple, peeled & chopped 1 teaspoon 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.

8. Make Easy Carrot & Cranberry Pasta Salad. Store in the fridge and eat throughout the week!

Ingredients:

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| 1 (14.5-oz.) can of drained & rinsed carrots | ¼ cup Italian dressing (if you don't have Italian dressing combine ¼ cup vegetable oil with 3 tablespoons vinegar, add 1 teaspoon Italian season, ½ teaspoon garlic powder and ¼ teaspoon black pepper. Stir well. |
| 1 (15-oz.) can beans (any kind), drained & rinsed | |
| 2 cups whole wheat pasta | |
| ½ cup of dried cranberries or raisins | |

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.

9. Make Glowing Mashed Potatoes for a colorful twist on a classic.

Ingredients:

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| 2 (14.5-oz.) cans potatoes, drained & chopped | ¼ cup low-fat milk (or reserved water) |
| 1 (14.5-oz.) can sliced carrots, drained & rinsed | ½ teaspoon salt |
| 1 Tablespoon butter or oil | ¼ teaspoon pepper |
| ½ teaspoon garlic powder (optional) | ½ 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.

10. Make Chicken Noodle Casserole for a rich & satisfying dish.

Ingredients:

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| 2 cups egg or whole wheat noodles | 1 (10.5-oz.) condensed cream of chicken or mushroom soup |
| 1 (14.5-oz.) can sliced carrots, drained & chopped | ½ cup low-fat milk |
| 1 (14.5-oz.) can peas, drained & rinsed | ¼ teaspoon black pepper |
| 2 (5-oz.) cans chicken, drained & flaked | |

Directions:

1. Preheat oven 350°F. Cook noodles according to package instructions. Drain and set aside.
2. Combine ingredients in a greased casserole dish.
3. Bake for 20-25 minutes or microwave at 50% power for 15-30 minutes, rotating as needed. Serve warm.

11. Make Pineapple Carrot Muffins* for breakfast, snack or dessert!

Ingredients:

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| ¾ cup finely chopped canned carrot | ¾ cup brown sugar, packed |
| 1 cup canned crushed pineapple with juice | 1 teaspoon baking soda |
| 5 tablespoons oil | 1 teaspoon ground cinnamon |
| ¼ cup of water | ¼ teaspoon salt |
| 1 tablespoon white vinegar | Pinch of pumpkin pie spice |
| ¾ cup all-purpose flour | Non-stick cooking spray |
| ¾ cup whole wheat flour (or more all-purpose) | ½ cup raisins or chopped walnuts (optional) |

Directions:

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

*Recipe from Share Our Strength's Cooking Matters™
**Recipe from Michigan Fitness Foundation's Harvest of the Month

