

Carrots



They're naturally good!

- ◆ An excellent source of vitamin A
- ◆ Also a good source of vitamin K, potassium & vitamin B6
- ◆ 1 cup = 1 serving of veggies

Storage Tips:

Do not wash until ready to eat.

If greens are attached, remove before storing.

To keep fresh, refrigerate in a plastic bag.

Use within 2 weeks.

Spice 'em up!

Carrots pair well with fresh or dried herbs like thyme, rosemary & parsley.

Bring out extra flavor in carrots by adding spices like ginger, paprika, cinnamon or curry powder.

Preparation Tips:

- ◆ Wash before using: scrub under running water to remove any dirt.
- ◆ If the skins are thick, cracked or discolored, peel them away with a vegetable peeler and discard.
- ◆ Cut off the tops and ends of the root and discard.
- ◆ Leave them whole, shred them, dice them or slice them into sticks or rounds as desired.

Ways to eat carrots:



- ◆ **Eat them raw.** Slice them into sticks and serve with hummus or low-fat ranch as a healthy snack.
- ◆ **Shred them.** Shred raw carrots and use in salads, wraps and coleslaws.
- ◆ **Sautee them.** Heat oil in a pan over medium-high heat. Cut carrots lengthwise and then cross-wise into 1/8-inch slices. Add to pan and cook, stirring often, until they begin to turn golden. Add 1/3 a cup of water and simmer until carrots are just tender, about 3 minutes.
For extra flavor, add a clove of minced garlic (or 1/2 tsp garlic powder) and lemon juice!
- ◆ **Roast them.** Preheat oven to 400°F. If carrots are thick, cut them in half lengthwise; if not, leave them whole. Slice into 1 1/2-inch thick slices. Toss with oil, salt and pepper. Place on a baking sheet in a single layer. Turning halfway through, roasted for 20 minutes or until browned & tender.
- ◆ **Steam them.** *Stovetop:* In a large pot with a steamer basket, bring a few inches of water to a boil. Add chopped carrots and cover. Steam until carrots can be pierced with a fork. Season with salt & pepper. *Microwave:* Place carrots and a in a microwave safe-dish. Add a few tablespoons of water. Cover and cook on high for 3-5 minutes, or until tender. Season with salt & pepper to taste.



See more recipes on the back





Make it a meal!

RECIPES

Herb Roasted Chicken with Vegetables*

Ingredients:

1 lb. carrots, diced into 1/2-in. pieces	1/4 cup water
1 large onion, cut into wedges	1/4 cup oil
1 clove garlic, minced	3 teaspoons dried herbs (thyme, rosemary, basil and/or oregano)
1 lb, potatoes, diced into 1/2-inch pieces	1/4 teaspoon ground black pepper
1 large lemon	3 pounds skinless chicken pieces

Directions:

1. Preheat oven to 375 °F. Rinse lemon and cut in half. In a large bowl, squeeze juice. Discard seeds.
2. Add vegetables, water, oil, oregano, basil, salt, and herbs to bowl. Toss to combine.
3. Use your hands or a slotted spoon to transfer vegetables to a baking sheet. Leave marinade in the bowl.
4. Place baking sheet in oven. Bake for 10 minutes. While veggies bake, toss chicken in the remaining marinade.
5. Then remove baking sheet from oven. Add chicken pieces on top of veggies. Return to oven.
6. Continue roasting until chicken is cooked through and a food thermometer reads 165 °F, about 40 minutes more. As the chicken roasts, use a mixing spoon to baste chicken and turn vegetables about every 15 minutes. Baste by pouring juices from the baking sheet over the chicken. Serve immediately.

Veggie Stir Fry

Ingredients:

2 cups brown or white rice, cooked	1 tablespoon of oil
2 garlic cloves, minced (or 1/4 teaspoon garlic powder)	1/2 teaspoon fresh ground ginger (optional)
1 1/2 cups broccoli florets	2 carrots, diced
1 bell pepper, cut into strips	1 onion, diced
2 Tablespoons low-sodium soy sauce or lemon juice	

Directions:

1. In a large pan, heat oil. Add garlic and ginger (if using); cook, stirring constantly to avoid burning, for 1 minute.
2. Add broccoli, carrots, and 1/2 cup of water. Cook for 3 minutes, stirring often.
3. Add pepper and onion. Continue to cook for 5 more minutes, continuing to stir often.
4. Remove from heat. Vegetables should be crisp and brightly colored.
5. Toss with soy sauce or lemon juice. Serve over brown rice. Top with cooked chicken or pan-fried tofu.

*Recipe from Share Our

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