

# CARROTS



Raw carrots can be eaten plain as a snack or an appetizer. Carrots can be sliced, chopped, or grated to add to salads. Slice carrots into carrot sticks and dip into low-fat dressing or other low-fat dip. Carrots can be cooked using many different methods, such as boiling, steaming, roasting, or grilling, and can be eaten as a side dish on their own or cooked with other vegetables. Carrots can be put into soups, stews, casseroles, cakes, and quick breads.

Carrots are a RED/ORANGE vegetable.  $\frac{1}{2}$  cup of carrots provides more than one day's worth of vitamin A. The vitamin A comes from Beta Carotene, which is what gives the carrot its orange color. Carrots are also a good source of vitamin K.

## FUN FACT :

Carrots are not always orange and can be found in purple, white, red, or yellow. Carrots were the first vegetable to be canned commercially. The carrot is a member of the parsley family. This family includes celery, parsnip, fennel, dill, and coriander. Carrots are even more nutritious cooked. Cooking softens the cells and makes more nutrients available. Eating carrots with a bit of fat, such as olive oil, increases the body's absorption of beta-carotene.



# CARROTS

Safety:	<p>Wash carrots before slicing. Store cooked fresh carrots in refrigerator at 41 °F. Reject cracked or split whole carrots, as it is difficult to remove dirt from the cracks.</p> <p>Always use a different cutting board for vegetables than for meats to prevent cross contamination. Use gloves for produce that will be served raw.</p>
Yield:	<p>For 100, ½ cup servings of raw chopped carrots, purchase 19 lbs.</p> <p>For 100, ½ cup servings of cooked sliced carrots, purchase 24.6 lbs.</p>
Quality:	<p>Choose well-shaped, smooth, firm, crisp carrots with deep orange color and fresh, green tops. Avoid soft, wilted, or split carrots.</p>
Storage:	<p>Carrots with removed tops should be stored in the refrigerator in a plastic bag, loosely tied, or knotted for up to 2 weeks. Don't store carrots together with apples or pears. It will make the carrots have a bitter flavor.</p>
Preparation:	<p>Carrots should be scrubbed to remove any dirt on the outer layer. Carrots can also be peeled with a vegetable peeler or carefully using a knife after rinsing.</p> <p>Carrots can be sliced into coins or angled rounds. To cut into sticks or make dices, cut the carrot into 3" long sections, slice in half lengthwise, and lay each half flat on cutting board. Cut lengthwise into sticks. To dice, line up sticks and cut into desired size.</p>
Seasoning:	<p>Cooked carrots taste delicious with Italian seasoning, garlic, dill, ginger, or chives. They are also great with balsamic vinegar or lemon pepper. Raw carrots are great with dips, like lowfat yogurt based ranch dips, or hummus.</p>

