Carrots

**Why eat carrots:**
- One cup provides just 50 calories but contributes over 100% of the daily recommended intake of vitamin A, which protects eye health and helps build a strong immune system.
- One cup of carrots provides almost 3 grams of fiber.

**How to store:**
- In the refrigerator, where they can stay fresh for up to 2 months.
- For maximum freshness store in a sealed plastic bag.

**When to throw out:**
- When texture becomes mushy or mold is growing.
- When they have a rotten smell or mold.

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## Carrot Apple Slaw

*Makes 6 servings*

**Ingredients:**

- 1/2 pound carrots (4-5)  
- 1 teaspoon honey  
- 3-4 apples, rinsed  
- 1/2 teaspoon lemon juice  
- 1/3 cup raisins  
- 1/4 teaspoon salt  
- 1/2 cup plain yogurt  
- 1/8 teaspoon ground cinnamon (Optional)

**Directions:**

1. Peel carrots and shred using a grater or vegetable peeler.
2. Cut apple into sticks or shred using a grater or peeler.
3. Mix all ingredients in a mixing bowl. Enjoy!
4. Store in the refrigerator for up to one week.

**Chef’s Notes:**
- For more texture and protein, add nuts like walnuts or pecans.
- Use any fruit you like, such as pineapple chunks.

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### Nutrition Facts

Serving Size: ½ cup carrots, sliced (81g)

<table>
<thead>
<tr>
<th></th>
<th>Calories 25</th>
<th>Calories from Fat 0 % Daily Value</th>
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<tbody>
<tr>
<td>Total Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
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<td>Trans Fat</td>
<td>0g</td>
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<tr>
<td>Cholesterol</td>
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<tr>
<td>Sodium</td>
<td>45mg</td>
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<tr>
<td>Total Carbohydrate</td>
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<td>Dietary Fiber</td>
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<tr>
<td>Sugars</td>
<td>3g</td>
<td>1g</td>
</tr>
<tr>
<td>Protein</td>
<td>1g</td>
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Vitamin A 204%  
Vitamin C 6%  
Calcium 2%  
Iron 1%
Pineapple Carrot Muffins

Makes 12 servings

Ingredients:
- 1 cup canned crushed pineapple with juice
- 1 cup grated carrot
- 1 1/2 cups all-purpose flour
- 1/4 cup cold water
- 5 tbsp canola oil
- 1 tbsp white vinegar
- Non-stick cooking spray
- Pinch ground nutmeg, pumpkin pie spice, or apple pie spice

Directions:
1. Preheat oven to 350°F.
2. Rinse and peel carrot. Shred with a grater.
3. In a medium bowl, add pineapple with juice, shredded carrot, water, oil, and vinegar. Mix with a fork to combine.
4. In a large bowl, mix flour, brown sugar, baking soda, cinnamon, salt, and nutmeg. Blend well with a fork to break up any lumps.
5. Add wet ingredients to dry ingredients. Mix until just combined.
6. If using walnuts or raisins, gently stir in now.
7. Coat muffin pan with cooking spray. Fill each muffin cup about 3/4 full with batter. Bake on middle rack of oven until muffin tops are golden brown and toothpick inserted comes out clean, about 20-25 minutes.

Chef’s Notes:
- Use whole wheat flour for half of the all-purpose flour.
- Mini muffins take approximately 7 minutes to cook.
- These muffins can be frozen and then defrosted in the refrigerator the day before use.
- You can line the muffin pan with paper muffin cups instead of using cooking spray, if you like.

Buying Guide:
- Fresh fruits and vegetables are most nutritious and cheapest when they are in season. Find them at a farmers market or in the front of the produce section at the grocery store.
- Frozen fruits and vegetables, without added sauces or syrups, are available year round, ready to use and easy to prepare. Find coupons or look in the store advertisement to get the best deal.
- Canned fruits and vegetables are best when canned in 100% juice or no-salt-added. Make sure to drain and rinse them to get rid of added sugar or sodium.

How much should I eat?
The recommendation is to eat 2 1/2 cups of vegetables and 2 cups of fruit per day. One cup of fruit or vegetables looks like a baseball and a half of a cup is the size of a light bulb.

Daily servings:

<table>
<thead>
<tr>
<th>VEGETABLES</th>
<th>2 1/2 cups</th>
<th>FRUITS</th>
<th>2 cups</th>
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</table>

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