



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.

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.

Quick Tips:

- In cold water, scrub carrots thoroughly before use.
- Chop off each end. If the greens are attached, use them in a salad.
- When peeling the carrots, peel going away from your body to prevent cutting yourself with the peeler.
- Shredded carrots go perfectly on a salad or sandwich, and can also be used in muffins.

Nutrition Facts

| | |
|---|---------------------|
| Serving Size: 1/2 cup carrots, sliced (61g) | |
| Calories 25 | Calories from Fat 0 |
| <hr/> | |
| % Daily Value | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 45mg | 2% |
| Total Carbohydrate 6g | 2% |
| Dietary Fiber 2g | 7% |
| Sugars 3g | |
| Protein 1g | |
| Vitamin A 204% | Calcium 2% |
| Vitamin C 6% | 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 3/4 cup light brown sugar, packed
5 tbsp canola oil 1 tsp baking soda
1 tbsp white vinegar 1 tsp ground cinnamon
Non-stick cooking spray 1/4 tsp salt
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:

VEGETABLES 2 1/2 cups



FRUITS 2 cups

