

Carrots

Benefits of carrots:

- High in fiber
- High in vitamin C & A
- High in potassium & folate

When are they in season?

- Harvested in July through November in Wisconsin.

Food Safety for carrots

Check for existing mold.

Store carrots in the refrigerator.

Separate carrots from meat. Use different cutting boards for meats and fruits.

Did you know... Carrots can come in many different colors, such as white, yellow, and a deep shade purple of color.



Resource:

Carrots. (n.d.). Retrieved January 13, 2021, from <http://www.sweetwater-organic.org/veggies/carrots/#:~:text=approximately%20a%20year,-.Short%2DTerm%20Storage%3A%20Carrots%20can%20be%20stored%20in%20the%20refrigerator.will%20cause%20them%20to%20rot>.
Carrots. (n.d.). Retrieved January 13, 2021, from <http://www.sweetwater-organic.org/veggies/carrots/#:~:text=approximately%20a%20year,-.Short%2DTerm%20Storage%3A%20Carrots%20can%20be%20stored%20in%20the%20refrigerator.will%20cause%20them%20to%20rot>.
.italianmeddiet.com

Picture: Creative Commons

Oven Roasted Carrots:

Serves 4.

Ingredients

- 3 1/2 cups baby carrots
- 1 tablespoon olive oil
- Salt & pepper to taste

Directions

1. Preheat oven to 450 degrees.
2. Spray a 9 X 13 pan with non-stick spray.
3. Put carrots in large bowl
4. Drizzle with oil. Stir.
5. Spread carrots on pan.
6. Sprinkle with salt and pepper.
7. Bake for 15 minutes.



Other Ideas

- Use carrots in soup
- Carrots with dip
- Carrot cake
- Use in a salad