

Carrots



Carrots are a root vegetable. The taproot is the part of the carrot most commonly eaten, but the stems and greens can also be eaten. Carrots are typically orange but can also be found in other colors like purple and yellow. Carrots are rich in vitamins and minerals and antioxidants.

Used in:

Snacks, side dishes, soups, stews and casseroles, or salads

What do they taste like?

Carrots have a sweet, earthy flavor with a rough crunchy texture. Carrots can be orange, yellow, or purple. You can also eat the green tops of carrots adding to salads, soups, smoothies. The carrot greens have a fresh and slightly bitter taste.

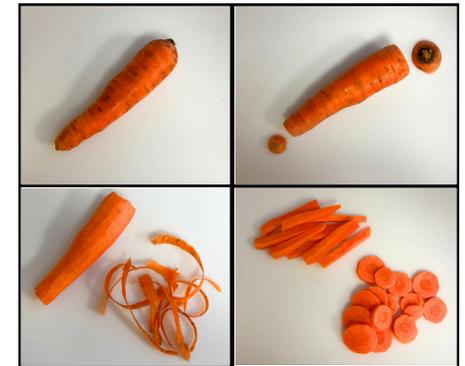
How do I store, save, and freeze them?

To store: Remove carrot tops/greens and store separately. Store carrots in a plastic bag then put in the refrigerator in a drawer for up to 1 month.

To freeze: Blanch sliced carrots in boiling water for 2 minutes or whole carrots for 5 minutes. Cool immediately in an ice bath, drain, & pack in freezer safe container/bag. Label & date. Use within 8-12 months.

How do I prepare them?

1. Wash and scrub carrots thoroughly to remove any dirt. Use a veggie brush if you have one. Cut off stem.
2. Peel the skin using a knife or vegetable peeler or leave skin on if preferred.
3. Prepare according to recipe being used (chopped, sliced, grated).



How do I cook them?

In the microwave: Cut carrots into a similar size, add water, about $\frac{1}{4}$ cup, to a microwave-safe dish, place carrots in dish and cover with lid or plate. Cook carrots on high for 3-5 minutes until tender. Season carrots as desired.

In the oven: Set oven to 400°F. Cut carrots into similar size sticks. Place on a pan and drizzle with olive oil and seasonings. Roast for 20-30 minutes until tender and are golden brown around edges.

Seasoning ideas: Sweet: try cinnamon, orange, ginger, maple syrup, lemon, or honey. Savory: thyme, rosemary, garlic, dill, parsley, onion, cayenne, or chili.

For recipes and tips to save time, save money, and eat healthy, visit:
www.SNAPEdNY.org

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This guide has been adapted from the University of Rhode Island SNAP-Ed Program.

Recipes using Carrots from SNAP-Ed NY:



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