



Local

PICK OF THE MONTH

January 2016

Crazy Carrots

Recipe

Apple Carrot Salad

Ingredients

- 1 cup shredded carrot
- 1/2 cup raisins
- 1/3 cup non-fat plain yogurt
- 3 (medium-size) diced apples
- 1 Tbsp lemon juice

Directions

Combine all ingredients. Chill thoroughly, and serve on salad greens.

Yields 4 one-cup servings.

Nutrition information per serving:

Calories: 110, Carbohydrate: 25g, Fat: 1g, Sodium: 140mg; Protein: 1g, Fiber: 3g

Recipe adapted from allrecipes.com

What's so great about carrots?

- Carrots are orange, white purple, red or yellow
- They're low-calorie, fat-free and cholesterol-free
- They're a good source of vitamin C
- Dark orange carrots are high in the antioxidant Beta-carotene which helps to promote eyesight and skin growth.



Photo from beauty-and-beyond.net

What's the best way to eat carrots?

- Add them to stews, soups, casseroles or stir fries
- Eat them raw as a snack with hummus or peanut butter
- Roast them with olive oil, chili powder and cumin
- Steam carrots with dill, tarragon, parsley or lemon juice

Selection and preparation

Selection

Choose carrots that are well-formed and smooth, with no visible blemishes.

Storage

Store carrots with tops removed, in a plastic bag in the crisper in your refrigerator for up to two weeks.

Preparation

Wash with a scrub brush to remove dirt right before eating.

Cooking

Carrots can be roasted, steamed, sautéed, baked or eaten raw.



Building healthier communities together



Check your local grocery store or produce stand for fresh carrots today!