

# FOOD FACTS



## Rainbow Carrots

### NUTRITION

- Purple carrots are purple because of the antioxidant Anthocyanin (an-tho-cy-a-nin) this helps protect against the bad free radicals in your body.
- Red Carrots get their color from Lycopene (ly-co-pene) another antioxidant. Lycopene can help prevent heart disease.

### DYK

- Carrots were originally red, black, yellow, white and purple. The Dutch cross-bred yellow and red carrots to develop the orange carrot in the 16<sup>th</sup> century.

### PREPARATION & STORAGE

- Store unprepared, raw carrots with the green tops trimmed in perforated plastic bags in the crisper drawer of the fridge and they can keep for 4 to 6 months
- Scrub carrots well with a vegetable brush and water before preparing or eating to remove dirt and bacteria
- Can be served raw, steamed, and as an ingredient in many dishes, but roasting carrots especially helps to bring out their natural sweetness

### Citrus Glazed Carrots

#### Ingredients:

2.5 cups	Carrots (baby, sticks or coins)
¼ cup	Orange Juice
1 Tbsp	Brown Sugar
¼ tsp	Corn Starch
Pinch	Cinnamon and Ginger



*Image courtesy of therecipecritic.com*

#### Directions:

Preheat oven to 350 degrees F and lightly grease a baking sheet with oil. In a bowl, whisk together orange juice, brown sugar, corn starch, cinnamon and ginger. Add carrots and toss to coat evenly. Spread carrots over baking sheet and roast for 30 minutes or until carrots are tender and lightly browned.