

FOOD FACTS

Carrots



NUTRITION

- Carrots are a root vegetable because they grow underground at the plant base
- Excellent source of Vitamin A, which helps protect eyesight and prevent eye diseases such as macular degeneration
- Available in different colors including orange, red, yellow and purple. Each provides different types and amounts of antioxidants to help protect the body from cancer and other diseases

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.