



Give Them More
— of the —
Good Stuff!

Carrot Basics

Shop and Save

- Choose firm carrots with even color. Avoid carrots that are soft or limp. If the leaf tops are still on, they should be bright green.
- Baby carrots should be moist but not slimy.
- Canned and frozen carrots can save you money and time. They work great in side dishes, soups and stews.
- Use the Nutrition Facts label to find canned carrots with less sodium. Rinse and drain the canned carrots to remove more sodium.



Carrots are high in vitamin A.
You need vitamin A for good eyesight.



Types of Carrots

Carrots come in many colors! If you don't find them in stores, growing them from seed may be an option.

Baby carrots are a type of carrot picked when they are still small. Baby-cut carrots are actually larger carrots that have been peeled and cut smaller. They come prepackaged in plastic bags.

Fresh, frozen
or canned –
carrots are easy
to find any time
of year!

Store Well Waste Less



- Wash the carrots and trim off the green leaf tops, if present.
- Store the carrots in a plastic bag. Poke a few small holes in the bag for air movement. Refrigerate for 3 to 4 weeks.
- Keep carrot sticks for snacks in your refrigerator for up to a week.
- To prevent carrots from drying out, store in water.
- Refrigerate cooked carrots and use within 3 to 5 days.
- For longer storage, freeze cut carrots. Blanching is recommended. Use within 12 months.

Cooking with Carrots

Mashed Carrots

Use fresh, frozen or canned carrots.

Ingredients:

3 cups sliced **carrots** (about 6-8 fresh or two cans (14.5 ounces each) or 16 ounces frozen)

2 teaspoons **margarine** or **butter**

2 teaspoons **honey** or **brown sugar**

1/4 teaspoon **salt**

1/8 teaspoon **pepper**

1/2 teaspoon **seasoning** (optional) – see notes below

Directions:

1. Cook carrots until they are very soft.
2. Drain carrots if needed. Put carrots in a medium bowl. Mash with a fork until smooth.
3. Stir in margarine or butter, honey or brown sugar, salt and pepper. Serve warm.
4. Refrigerate leftovers within 2 hours.

Makes 3 cups

Prep time: 10 minutes

Cook time: 10 to 30 minutes

Notes:

✿ Add your favorite seasoning! Try one of these: chili powder, curry powder, onion powder, dried thyme or dried sage.

✿ Honey is not recommended for children under 1 year old.

Sweet Carrot Bread or Muffins

Ingredients:

1 cup sliced **carrots**, cooked until soft

2/3 cup **brown sugar**

1 **egg**, lightly beaten

1 cup nonfat or 1% **milk**

1 teaspoon **cinnamon**

2 cups **baking mix**

3/4 cup **raisins** (optional)

Directions:

1. Preheat oven to 350 degrees F. Lightly oil the bottom of one 9x5 inch loaf pan OR muffin tin with 12 cups.
2. Mash carrots with a fork until smooth or use a blender or food processor.
3. In a large bowl, mix carrots, brown sugar, egg and milk until well blended. Add remaining ingredients and mix well.
4. Pour batter into prepared pan. Bake loaf pan for 50 minutes or muffins for 20 minutes, until a toothpick inserted in the center comes out moist but without batter.
5. Cool slightly, then loosen around the edges and remove from the pan. Cool leftovers completely and store in an air-tight container at room temperature.

Makes 1 loaf or 12 muffins

Prep time: 20 minutes

Cook time: 20 or 50 minutes

Visit
Foodhero.org
for more quick
and delicious
recipes using
carrots.



**Kids
Can!**

When kids help make healthy food, they are more likely to try it. Show kids how to:

- ✿ wash vegetables under cool running water.
- ✿ mash cooked carrots.
- ✿ measure and mix ingredients.

Cooking Carrots

Wash, peel and cut carrots into pieces about the same size. Cooking time will depend on the size of the pieces and how soft you like them.

Boil in a small amount of water.

Steam in a covered steamer basket over boiling water.

Microwave on high in a covered but vented microwave-safe container.

Roast in a single layer on a baking sheet in a 425-degree F oven. Toss with a small amount of oil before roasting if desired.