



## Weekly Wellness Tip

### *Benjamin E. Mays Families & Staff Resources and Ideas*

#### **Carrots - The Vegetable of the Week**

When it comes to vegetables, carrots are always a favorite. Carrots are rich in Vitamin A (beta-carotene), an antioxidant nutrient that helps to boost the immune system. They're known for their bright orange color but carrots can come in purple, red, yellow and white varieties. Here's an easy carrot recipe from [chopchopfamily.org](http://chopchopfamily.org) that you can try at home.

#### **Crispy Carrot Fries**

##### Ingredients:

- 1 lb. carrots, scrubbed but not peeled
- 1 Tablespoon olive or vegetable oil
- 1 teaspoon kosher salt (this is a larger, coarser grain of salt)

##### Instructions:

1. Pre-heat the oven to 400 degrees.
2. Slice carrots into thirds. Cut the thinnest end into 2 spears and the thicker parts into 4 spears. You should have about 10 spears per carrot. Vegetable slicing should be done by an adult or under adult supervision.
3. Put spears on a baking sheet, drizzle with oil and sprinkle with salt. Gently shake the baking sheet or use clean hands to make sure all carrots are lightly coated with oil and salt.
4. Carefully put the baking sheet in oven and bake until carrots are browned and crispy, about 35-45 minutes. Serve right away.

*Creative options:* Add 1 teaspoon paprika, chili powder, or curry powder to raw carrots. Try adding 2 Tablespoons chopped fresh dill or cilantro, basil, or mint leaves to cooked fries. Drizzle fries with 1 teaspoon fresh lemon or lime juice.

