

# CARROTS: KING OF VEGETABLES

## Nutrition Facts:

Carrots are a great source of:

- Great source of Vitamin A, C, K, B6 and Potassium for **healthy bones, blood pressure, eyes and brain.**
- High in Niacin, Thiamin, Folate, and Manganese for **energy and a healthy brain.**
- Excellent source of dietary fiber for a **healthy digestive system.**
- Low in fat and cholesterol

Traditionally known to be good for maintaining proper eye sight due to high content of Vitamin A and large quantities of Beta Carotene per serving.



## What are they?

Carrots are a common garden vegetable that are easy to grow and easy to eat. They are very versatile and can be eaten raw as a snack or cooked into many different dishes.

Most commonly carrots are roasted, cooked in soups or stews or eaten raw with dips.

## What do they taste like?

Carrots have a sweet, earthy flavor that appeals to many different taste buds. They have the texture of a radish and the crunch of celery but are sweet when you bite into them.

## Fun Facts!

- Traditionally carrots grown in purple, white, yellow, red and black. The Dutch began growing orange carrots for their sweet flavor.
- The largest carrot ever grown weighed over 19 pounds and was grown in Alaska.
- Carrots have been grown as food for more than 2,000 years.
- Called “King of Vegetables” because they are one of the most commonly available and widely eaten vegetables.
- Carrots are related to Parsley and their foliage used to be eaten as a delicacy.
- Carrots can be used in soups, soufflés and casseroles. They can be baked, mashed, roasted, cooked or eaten raw. They are a very versatile vegetable!



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# How To Prepare CARROTS

## HOW TO:

**ROAST:** Wash and peel carrots. Slice length-wise into “sticks.” Place on a baking sheet and coat with a few teaspoons of oil (olive is best for this but vegetable or canola oil will work too). Add salt and pepper to taste. Bake for 45 minutes at 350 degrees or until tender.

**STORE:** Raw carrots are best stored in the refrigerator for up to a couple weeks. If necessary, raw carrots can be stored in a cool, dark place for a few days. When cooked they should be stored in the refrigerator and eaten within four to five days.

Prepared by Hopelink Volunteers

### References:

1. Carrots. [www.whfoods.com](http://www.whfoods.com)
2. Carrots, fresh. [www.fns.usda.gov](http://www.fns.usda.gov)
3. Carrot Salad Photo: [www.plantoeat.com](http://www.plantoeat.com)
4. Peeled carrot and shredded carrot photo: [www.wikihow.com](http://www.wikihow.com)

## Carrot Raisin Salad

### Ingredients:

- 3 large carrots
- ¼ cup raisins
- ½ cup plain yogurt or mayonnaise
- ½ cup canned pineapple
- Salt to taste

1. In a medium bowl combine shredded carrots, raisins and, pineapple and yogurt.
2. Chill for a few hours before serving. Enjoy!

Serves 3-4

**Shredding a Carrot** is a great way to make a salad with carrots.

You can also add shredded carrots to: green salads, casseroles, muffins, carrot cake or mix into rice pilaf.

STEP 1	STEP 2	STEP 3
Wash carrots first. Next peel carrots top to bottom. Cut off both the top and the bottom inch of carrot.	Using a cheese grater, finely shred into a large bowl, or onto a clean surface.	Place shredded carrots into a bowl and continue with the rest of the recipe.
		



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