

11 Quick Recipes & Facts About Carrots!

1. Roasted roots: Heat oven to 450° & cut carrots into 1" pieces. In a shallow baking dish, toss carrots with a little bit of oil & a sprinkle of salt. Roast about 20 mins., stirring occasionally, until brown & tender.

2. In a salad: Shred raw carrots with a cheese grater into tuna, chicken & green salads.

3. Leave the peel: A lot of healthy stuff in carrots is in the skin! Rinse off carrots & then scrub with a hard-bristle brush under cold running water to remove dirt.

4. For your eyes: Carrot's nutrients help keep eyes healthy & sight strong!

5. Make baby food: Chop & either steam or boil in a little water, until tender, but not mushy (about 5 mins). Then, blend or puree with a food processor or blender. Add breast milk, formula or water to thin it out, if desired.

6. Vitamin A: The vitamin A in carrots helps our immune systems – eat them to keep the doctor away!

7. Classic carrot sticks: Slice up carrot sticks for a portable snack that you can dip in peanut butter, hummus & homemade veggie dip.

8. Smashed carrots: Boil or steam carrots until just tender, mash them with a fork & then stir in a little salt & oregano.

9. 5 a day: Carrots are a vegetable – include them in your 5 servings of fruits & veggies a day.

10. Carrot casserole: Combine 3 cups shredded carrots, 1 cup low-fat shredded cheese, a little bit of butter or margarine, salt & pepper in a baking dish. Top with crumbled whole wheat crackers or whole wheat bread crumbs & bake at 350° for 30 mins.

11. Diced or sliced: Add diced or sliced carrots to soups, stews, stir-fries, whole grains & chilis.

See other side for another recipe & complete carrot nutrition facts... 

Whole Wheat Carrot Bread

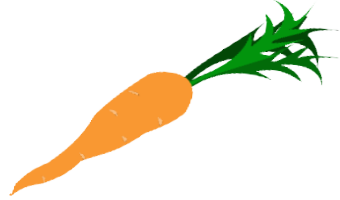
From food.com/recipe/whole-wheat-zucchini-or-carrot-bread-325250

Ingredients

- 1-1/2 cups carrots, grated
- 1/2 cup oil or 1/2 cup butter, melted
- 1/2 cup honey or 1/2 cup brown sugar
- 2 eggs, beaten
- 1 teaspoon vanilla
- 1-1/2 cups whole wheat flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1-1/2 teaspoons cinnamon
- 1/2 cup nuts, chopped (optional)
- 1/2 cup raisins (optional)
- 1/2 teaspoon nutmeg

Directions

1. Beat together oil and honey, then add eggs, vanilla & carrot.
2. Sift dry ingredients and add to carrot mixture. Add nuts last.
3. Bake in a greased 9" loaf pan at 350° for 45-60 minutes.



Carrot Nutrition

Nutritional data & images courtesy of NutritionData.com

1 cup grated, raw

Nutrition Facts		
Serving Size 1 tbsp chopped 3g (3 g)		
Amount Per Serving		
Calories 1	Calories from Fat 0	
% Daily Value*		
Total Fat 0g	0%	
Saturated Fat 0g	0%	
Trans Fat		
Cholesterol 0mg	0%	
Sodium 0mg	0%	
Total Carbohydrate 0g	0%	
Dietary Fiber 0g	0%	
Sugars 0g		
Protein 0g		
Vitamin A	3%	Vitamin C 3%
Calcium	0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
	Calories	2,000 2,500
Total Fat	Less than	65g 80g
Sat Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Fiber		25g 30g

1/2 cup sliced, cooked

Nutrition Facts		
Serving Size 1/2 cup slices 78g (78 g)		
Amount Per Serving		
Calories 27	Calories from Fat 1	
% Daily Value*		
Total Fat 0g	0%	
Saturated Fat 0g	0%	
Trans Fat		
Cholesterol 0mg	0%	
Sodium 45mg	2%	
Total Carbohydrate 6g	2%	
Dietary Fiber 2g	9%	
Sugars 3g		
Protein 1g		
Vitamin A	266%	Vitamin C 5%
Calcium	2%	Iron 1%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
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