



# Helping Mississippians live happier, healthier lives!

## CARROTS

Carrots are one of the most consumed vegetables. They add color, flavor, nutrients, and texture to recipes. Carrots are easy to grow and are considered a root



vegetable because they grow underground. Most carrots we eat are orange, and they can also be yellow, white, red, and purple. They can be eaten raw or cooked in a variety of ways.

Carrots can be cooked in soups, sauces, muffins, casseroles, and salads.

### BENEFIT

- Carrots are a good source of vitamins, minerals, and fiber, and have many health benefits.
- Eating raw carrots promotes healthier teeth.
- Our bodies use carrots to make Vitamin A, which is important for eye health.

### SELECT

- Fresh carrots have smooth skin and a firm, crisp crunch.
- Fresh carrots are brightly colored. Their color fades over time.
- Avoid carrots that have soft spots or feel flimsy or wilted.



### STORE

- Keep carrots from the grocery store in plastic bags in the vegetable drawer of your refrigerator.
- Carrots need moisture, so cut or leave an opening in the plastic bag.
- Wrap carrots from the garden in a paper towel and place them in a plastic container or bag.

### PREPARE

- Rinse carrots thoroughly under running water and scrub with a vegetable brush to remove dirt.
- Peel carrots, if desired, and eat them raw as a snack!
- Carrots are a great ingredient in many recipes fresh or cooked. Have them raw on salads. Try them cooked in casseroles, soups, or stir-fries. Have them baked, roasted, or steamed with a meal.

### FUN WITH FOOD

#### CHILDREN CAN HELP:

- Help plant carrot seeds in the garden
- Select carrots at the grocery store
- Rinse and peel carrots
- Prepare carrots for snacks



ENJOY



## SAUTÉED CARROTS

- 1 pound fresh carrots or 1 pound frozen carrots (crinkle cut or coins)
  - ½ cup water
  - ½ tablespoon butter
  - 2 teaspoons honey
  - Salt and pepper to taste
1. Wash your hands well with soap and warm water for at least 20 seconds.
  2. If using fresh carrots, wash, peel, and cut carrots into coin slices.
  3. In a large skillet add carrots and water. Bring to a boil, then reduce heat to medium-low and cover for 6 to 8 minutes until carrots are fork tender. Drain carrots and return to skillet.
  4. Add butter and honey to the skillet with carrots and continue cooking uncovered on medium-low, about 2 minutes. Stir carrots until evenly coated with honey-butter glaze.
  5. Season with salt and pepper to taste.
  6. Refrigerate leftovers within 2 hours.

► For more information on how to store and freeze fruits and vegetables, visit:  
<http://happyhealthy.extension.msstate.edu/tips-videos>



## CARROT SALAD

- 8 ounces pineapple tidbits, in 100% pineapple juice
  - 1 10-oz. bag of shredded carrots, about 4 cups
  - 1 cup raisins
  - ⅓ cup low-fat sour cream
  - ⅓ cup low-fat mayonnaise
  - 1 tablespoon apple cider vinegar
  - ¼ teaspoon salt
  - ½ teaspoon pepper
1. Wash your hands well with soap and warm water for at least 20 seconds.
  2. Drain pineapple tidbits and add to a mixing bowl.
  3. Add shredded carrots, raisins, sour cream, mayonnaise, vinegar, salt, and pepper to bowl with pineapple and mix ingredients. Cover and chill in refrigerator for at least an hour.
  4. Refrigerate leftovers within 2 hours.



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EXTENSION**

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