

Carrots

Pick carrots which are a dark orange in color. More beta-carotene is present in carrots which have a dark orange color.

Carrots are vegetables which grow in the ground as taproots (main roots of a plant).

The carrot originated about 5,000 years ago in Middle Asia around Afghanistan. In Roman times, carrots were purple or white. In the 16th century, Dutch growers bred the vegetable to grow in the colors of the House of Orange.

Over half of the carrots grown in the United States are grown in California. Carrots are available all year long.

VARIETIES

The variety of carrots usually found in supermarkets is 7 to 9 inches long and $\frac{3}{4}$ to $1\frac{1}{2}$ inches in diameter. Baby carrots were once longer carrots that have been peeled, cut into smaller pieces, and packaged. There are many other varieties of carrots with colors including white, yellow, red, and purple.



NUTRITION FACTS

- Fat free
- Cholesterol free
- Good source of fiber
- High in beta-carotene
- High in vitamin A

USES

Raw carrots make a perfect snack. They can also be cooked (steamed or microwaved). Add carrots to salads, soups and stews, or shred and bake them into cakes or breads.



Honey Glazed Carrots
Preparation time: 30 minutes
Number of servings: 6
Cups of fruits or vegetables per serving: 0.5



1 (2 lb.) bag baby carrots
½ c. water
2 T. margarine or butter
1 T. brown sugar
2 T. honey
1 tsp. salt
black pepper (optional)

1. In a medium saucepan, combine carrots and water. Cover and bring to a boil.
2. Reduce heat and cook 15 minutes or until carrots are tender. Drain.
3. Melt butter in a large skillet. Stir in brown sugar, honey, and salt.
4. Add carrots. Cook, stirring constantly, about 5 minutes or until carrots are glazed.
5. Add black pepper, if desired.

Nutrition Information per Serving: Calories 130, Total Fat 3.5 g (5% DV), Saturated Fat 0.5 g (3% DV), Cholesterol 0 mg (0% DV), Sodium 500 mg (21% DV), Total Carbohydrate 24 g (8% DV), Dietary Fiber 4 g (16% DV), Sugars 16 g, Protein 2 g, Vitamin A 450%, Vitamin C 20%, Calcium 4%, Iron 0%.

Power Gold Smoothie
Preparation time: 10 minutes
Number of servings: 4
Cups of fruits or vegetables per serving: 1



2 c. carrots, chopped or grated*
1½ c. pineapple juice
3 T. honey
3-4 ice cubes
½ c. vanilla non-fat yogurt

1. In a blender, combine all ingredients and blend until smooth.

* Using raw carrots in this smoothie will produce a chunky texture. If smoother consistency is desired, microwave the grated carrot with 1 tablespoon water in a covered microwave-safe dish on high for 2 to 3 minutes. Drain water and proceed as above.

Nutrition Information per Serving: Calories 140, Total Fat 0 g (0% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 55 mg (2% DV), Total Carbohydrate 34 g (11% DV), Dietary Fiber 2 g (8% DV), Sugars 30 g, Protein 2 g, Vitamin A 130%, Vitamin C 45%, Calcium 6%, Iron 2%.