Types of Carrots

Carrots come in many colors! If you don’t find them in stores, growing them from seed may be an option.

Baby carrots are a type of carrot picked when they are still small. Baby-cut carrots are actually larger carrots that have been peeled and cut smaller. They come prepackaged in plastic bags.

Carrot Basics

Shop and Save

- Choose firm carrots with even color. Avoid carrots that are soft or limp. If the leaf tops are still on, they should be bright green.
- Baby carrots should be moist but not slimy.
- Canned and frozen carrots can save you money and time. They work great in side dishes, soups and stews.
- Use the Nutrition Facts label to find canned carrots with less sodium. Rinse and drain the canned carrots to remove more sodium.

Store Well Waste Less

- Wash the carrots and trim off the green leaf tops, if present.
- Store the carrots in a plastic bag. Poke a few small holes in the bag for air movement. Refrigerate for 3 to 4 weeks.
- Keep carrot sticks for snacks in your refrigerator for up to a week.
- To prevent carrots from drying out, store in water.
- Refrigerate cooked carrots and use within 3 to 5 days.
- For longer storage, freeze cut carrots. Blanching is recommended. Use within 12 months.

This material was funded by USDA’s Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.

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Mashed Carrots
Use fresh, frozen or canned carrots.

**Ingredients:**
- 3 cups sliced carrots (about 6-8 fresh or two cans (14.5 ounces each) or 16 ounces frozen)
- 2 teaspoons margarine or butter
- 2 teaspoons honey or brown sugar
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- ½ teaspoon seasoning (optional) – see notes below

**Directions:**
1. Cook carrots until they are very soft.
3. Stir in margarine or butter, honey or brown sugar, salt and pepper. Serve warm.
4. Refrigerate leftovers within 2 hours.

**Makes** 3 cups
**Prep time:** 10 minutes
**Cook time:** 10 to 30 minutes

**Notes:**
- Add your favorite seasoning! Try one of these: chili powder, curry powder, onion powder, dried thyme or dried sage.
- Honey is not recommended for children under 1 year old.

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Sweet Carrot Bread or Muffins

**Ingredients:**
- 1 cup sliced carrots, cooked until soft
- ¾ cup brown sugar
- 1 egg, lightly beaten
- 1 cup nonfat or 1% milk
- 1 teaspoon cinnamon
- 2 cups baking mix
- ¾ cup raisins (optional)

**Directions:**
1. Preheat oven to 350 degrees F. Lightly oil the bottom of one 9x5 inch loaf pan OR muffin tin with 12 cups.
2. Mash carrots with a fork until smooth or use a blender or food processor.
3. In a large bowl, mix carrots, brown sugar, egg and milk until well blended. Add remaining ingredients and mix well.
4. Pour batter into prepared pan. Bake loaf pan for 50 minutes or muffins for 20 minutes, until a toothpick inserted in the center comes out moist but without batter.
5. Cool slightly, then loosen around the edges and remove from the pan. Cool leftovers completely and store in an air-tight container at room temperature.

**Makes** 1 loaf or 12 muffins
**Prep time:** 20 minutes
**Cook time:** 20 or 50 minutes

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Cooking Carrots
Wash, peel and cut carrots into pieces about the same size. Cooking time will depend on the size of the pieces and how soft you like them.

**Boil** in a small amount of water.

**Steam** in a covered steamer basket over boiling water.

**Microwave** on high in a covered but vented microwave-safe container.

**Roast** in a single layer on a baking sheet in a 425-degree F oven. Toss with a small amount of oil before roasting if desired.