

Give Your Family More of the Good Stuff!







\$hop and \$ave carrots are high

- Choose firm carrots with even color. Avoid carrots that are soft or wilted. If the leaf tops are still on, they should be bright green.
- Baby carrots should be moist but not slimy.
- Carrots may cost less at local farmers' markets.
- & Canned and frozen carrots can save you money. They work great in side-dishes, soups and stews.
- Use the food label to find a canned carrot with less sodium. Rinse and drain the canned carrots to cut more sodium.



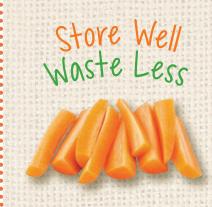


Types of Carrots

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 in pre-packaged bags.

Fresh, frozen, or canned – carrots are easy to find any time of year



Storing whole, fresh carrots:

- 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 to let air in. Refrigerate for up to 2 weeks.
- Keep carrot sticks for snacks in your refrigerator for up to a week. To prevent carrots from drying out, store

Blanch and freeze carrots for longer storage.

- 1. Wash, trim, and cut large carrots.
- Place cut carrots in boiling water for 2 minutes or 5 minutes for small whole carrots.
- 3. Drain carrots and place in ice water for 2 minutes.
- Drain and pack in labeled freezer bags or containers. Freeze carrots.

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 SafeNet at 211. USDA is an equal opportunity provider and employer.

Cooking with Carrots Mashed Carrots Use fresh, frozen or canned carrots. Quick Ways to Use Carrots **Ingredients:** 3 cups sliced carrots (about 6-8 fresh or two cans (14.5 ounces each) or 16 ounces frozen) Add chopped or shredded carrots 2 teaspoons butter or margarine to salads, tacos, or sandwich wraps 2 teaspoons honey or brown sugar for extra crunch! ¼ teaspoon **salt** 1/8 teaspoon pepper Add shredded or mashed carrots ½ teaspoon **seasoning** (optional) – see to spaghetti sauce, meatloaf, soups, Find more notes below chili, or macaroni and cheese. recipes for **Directions:** Serve carrot sticks with a carrots at healthy dip, or add to a meal! 1 Cook carrots until they are very soft. Foodhero.org Fresh- Steam or boil. Frozen- follow package directions or microwave, steam, or boil. Cooking Carrots canned- Rinse and drain. Add a small amount of water and heat in saucepan or in the microwave. Wash, peel, and cut carrots into slices, sticks or other shapes. Try for pieces that 2 Drain carrots if needed. Put carrots in are the same size. No need to peel or cut a medium bowl. Mash with a fork until baby carrots. smooth. Boil: 3 Stir in butter, honey, salt and pepper. 1. Bring about an inch of water to boil in a 4 Refrigerate leftovers within 2 hours. saucepan with a lid. 2. Add carrots and cover with a lid. Notes: 3. Continue to boil until carrots are as soft Add your favorite seasoning! Try one of as you like. Test by piercing with a fork. these: chili powder, curry powder, onion Steam: powder, dried thyme, or dried sage. 1. Set steamer basket in saucepan with Honey is not recommended for children water to just under the basket. Bring the under 1 year old. water to a boil. 2. Add carrots and cover with a lid. Steam until carrots are as soft as you like. Microwave: 1. Place carrots in a microwave-safe container. Add about 2 Tablespoons of water for every 3 cups of carrots. 2. Cover container with microwave-safe plastic or lid, leaving a corner open to vent 3. Cook on high until carrots are as soft as you like. Time will depend on size of pieces and total amount of carrots.