

HOW TO USE CARROTS

How to Store

If the carrot tops are still on, trim off the tops and store separately in the refrigerator. You can use the tops in dishes, like carrot top pesto. Store carrots in the refrigerator in the produce drawer in perforated plastic bags.

To freeze, clean well, remove tops, and peel. Leave small carrots whole, and cut larger carrots into 1/4-inch thick pieces. Blanch (scald vegetables in boiling water or steam for a short time), cool in ice water, drain, package, and freeze in freezer food storage bags or plastic containers.

How to Clean

Wait to clean carrots until ready to serve or cook. Peel and then rinse under running water. If you decide to use them unpeeled, clean well with a firm scrub brush under lukewarm, running water.

Five Tips for How to Use

- Glazed – Cook carrots, then add to a pan with butter, lemon juice, salt, and honey. Cook, coating the carrots in the sauce until it starts to thicken into a glaze.
- Roasted – Roast carrots with olive oil, salt, pepper. For variety, try adding lemon and parmesan or spices and fresh herbs.
- Shredded carrot salad – Toss shredded carrots with olive oil, lemon juice, fresh herbs, and spices. Or, try shredded carrots with pineapple, raisins, and mayonnaise or yogurt.
- Stir-fry – Add carrots to a simple stir-fry and serve with a grain, like brown rice.
- With dip – Slice carrots into strips and enjoy with other vegetables and bean or yogurt dip.



**Turn over for
recipe**



Carrot and Apple Salad

Serves: 6

Ingredients:

- ½ cup grated carrot
- 1 apple, diced
- 1 teaspoon lemon juice
- ½ cup raisins or dried cranberries
- ½ cup plain or vanilla yogurt
- ½ cup diced celery (optional)

Instructions:

1. Add all the ingredients except yogurt to a large bowl and stir.
2. Add the yogurt and mix well.
3. Cover and chill for at least 1 hour before serving to allow the flavors to combine.

Tip:

- Add a ¼ cup of your favorite seeds or chopped nuts.