



Carrots

Carrots are an excellent source of vitamin A, which is necessary for healthy eyesight, skin, growth, and resisting infection.

Store: Cut off the green tops. The tops are edible but rob the carrot of moisture and nutritional value during storage. Undamaged carrots will last 2-4 weeks in the refrigerator.

To freeze: Blanch for 3 minutes, rinse in cold water to stop cooking process. Drain and pack into zip-lock bags.

Prepare: Scrub carrot with a vegetable brush under cool running water to remove dirt. Peeling will lose some of the nutrients. Cut into pennies, strips, or shred.

Serve: Carrots can be eaten raw, alone, with dip or served in salads. Carrots lose very little nutritional value during cooking. Can be steamed, roasted, tossed in with meat as it cooks or added to soups, stews and casseroles.



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Carrots Recipe

Easy Brown Sugar Glazed Carrots

Ingredients:

16 ounces baby carrots
2 tablespoons butter
1/3 cup brown sugar, packed
1 cup water
1 dash salt
Pepper, to taste

Carrots are cooked with brown sugar and butter, resulting in a sweet, flavorful brown sugar glaze. Serves 4 to 6.

enjoy!

Source:
<http://southernfood.about.com/od/carrots/r/b161012a.htm?p=1>

This training is supported by a grant from the Nebraska Department of Health and Human Services. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of NDHHS.

Directions:

In a medium saucepan, combine the baby carrots with remaining ingredients. Stir to blend ingredients. Bring to a boil over high heat. Reduce heat to medium and continue boiling (uncovered) for about 20 to 25 minutes, or until carrots are tender and the liquid has evaporated.



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