



Carrots

Vegetable - Root

Food Facts

Serving Size ≈ 2 medium or 1 cup

- **I Carrot About You** - Carrots provide our bodies with lots of Vitamin A which helps with eye, skin, and bone health!
- **Storage** - Store in your refrigerator. Will keep for several weeks. Spoiled carrots will become soft, bendy and have discoloration.
- **Vegetables** - Vegetables provide important nutrients like potassium, folate, fiber, Vitamin A and Vitamin C.



How to Use

- **Make it Sweet** - Check out the delicious carrot desserts like carrot cake!
- **Bulk Up a Dish**- Finely chop your carrots and add them to your favorite dishes!
- **What a Snack**- Baby carrots pair well with ranch or hummus to make a perfect snack.

Glazed Carrots

Serves: 6

Ingredients

- 2 **tbsp** margarine or butter
- 1/2 **lbs** carrots
- 1 **cup** water
- 1/4 **tsp** pepper
- 2 **tsp** sugar



Instructions

1. Peel the carrots. Cut in half lengthwise, then cut into 1 inch pieces.
2. Melt the margarine in a heavy saucepan on low heat, then add carrots
3. Add the water, salt, and pepper.
4. Cover and simmer for about 15 minutes until tender.
5. Drain the water, add the sugar then cover the pan.
6. Shake the pan back and forth on the burner for 1 minute.
7. Cook for 1 more minute, until the carrots are glazed but not brown

Nutrients	Amount
Total Calories	80
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	102 mg
Carbohydrates	11 g
Dietary Fiber	3 g
Total Sugars	6 g
Added Sugars included	1 g
Protein	1 g

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