

carrot



Carrots are packed with vitamin A, which is essential for good vision. Vitamin A also supports cell growth and plays a critical role in the normal formation and maintenance of the heart, lungs, kidneys and other organs.

DID YOU KNOW?



- Carrots are more nutritious when cooked than raw, because cooking softens the cells and makes more nutrients available.
- Just one medium carrot or a handful of baby carrots counts as one serving of your daily recommended vegetables.
- Carrots come in a host of colors other than orange, like white, yellow, red and purple.

WELLNESS TIP

Hiking is a great exercise because it is easy to adjust to any fitness level. Check out Florida State Parks website for a list of hiking trails near you!

SHOPPING, PREPARING AND STORING



- If you buy carrots with green tops still attached, remove them before storage.
- Do not buy carrots that are overly large. These will have a tough wood-like core and will not be as sweet.
- Store carrots in the refrigerator in a sealed plastic bag.

COOKING TIPS



- Try roasting carrots in the oven. The natural sugars in the carrot will concentrate and caramelize.
- Carrots flavor well with curry, honey, citrus, mint, thyme and rosemary.
- It is best to blanch carrots until almost tender before using them in a stir-fry, because they take longer to cook than most other vegetables.

ROASTED CARROTS

serves 6

- 6 medium carrots
- 2 tablespoons olive oil
- Salt and pepper, to taste
- 2 teaspoons dried oregano



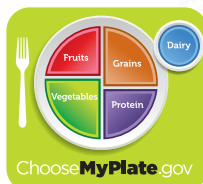
1. Preheat the oven to 400 degrees.
2. Slice the carrots diagonally in 1 1/2-inch-thick slices.
3. Toss them in a bowl with the olive oil, salt and pepper.
4. Transfer to a sheet pan and roast in the oven for 20 minutes until browned and tender.
5. Toss the carrots with oregano and serve as a snack or side dish.

Recipe adapted from WIC,
Florida Department of Health

Calories: 67; Total Fat: 4.5 g; Saturated Fat: 0.5 g;
Total Carbohydrates: 6 g; Protein: 1 g; Sodium: 68 mg

CHOOSE MYPLATE!

- Make at least half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) dairy.
- Make at least half your grains whole grains.
- Go lean with protein.



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