

MAKE YOUR FOOD DOLLARS COUNT

A Publication of Cornell Cooperative Extension of Herkimer County

Enjoy Carrots

Carrots are great raw or cooked and also an important source of nutrients for good health. Here are some ideas to use carrots in different ways.

Carrot, Apple and Raisin Salad

- 1½ cups washed and shredded carrots (3-4 carrots)
- 1 apple, peeled and diced
- ½ cup raisins
- ⅓ cup lowfat vanilla yogurt



Mix carrots, apple and raisins in a bowl. Add the yogurt and stir. Chill.

Variation: Try peach or pineapple flavored yogurt in recipe. You can also substitute one orange peeled and diced for the apple in this recipe.

Yield: 6 servings; serving size ½ cup (70 calories, 0 grams fat, 0 mg cholesterol, 30 mg sodium, 2 grams fiber)

Orange-Flavored Carrots

- 1 cup water
- 6 carrots, sliced (3 cups)
- 2 tablespoons onion, chopped
- ¼ cup frozen orange juice (undiluted)
- 1 teaspoon lemon juice

Place water in a sauce pan. Bring to a boil. Add carrots and onion to the boiling water. Cover. Continue to boil gently until carrots are tender (about 10-15 minutes). Drain water. Add orange juice and lemon juice. Reheat until warm and serve.

Yield: 6 servings; serving size ½ cup (45 calories, 0 grams fat, 0 mg cholesterol, 45 mg sodium, 2 grams fiber)

Carrot Spice Muffins

- vegetable cooking spray
- 2 large carrots (1-½ cups grated)
- 2 eggs
- ½ cup applesauce
- ½ cup sugar
- 1 teaspoon vanilla
- 2 Tablespoon vegetable oil
- 1 cup flour
- 1 teaspoon baking soda
- 1 Tablespoon cinnamon
- ½ cup raisins



Preheat oven to 350°. Coat 12 muffin cups with vegetable cooking spray. Peel and grate carrots. In large bowl, combine eggs, applesauce, sugar, vanilla, and oil; mix until well blended. In another bowl, combine flour, baking soda, and cinnamon. Slowly stir the dry ingredients into the applesauce mixture just until blended. Stir in carrots and raisins. Divide batter among muffin cups, filling each about half full. Bake 25 minutes, or until lightly browned. Let cool 5 minutes. Remove muffins from muffin cups and cool completely.

Yield: 12 servings; serving size 1 muffin (130 calories, 3 grams fat, 30 mg cholesterol, 125 mg sodium, 2 grams fiber)

Carrot Confetti Salad

- 3 large carrots (2 cups grated)
- ¼ pound red cabbage (1 cup grated)
- 2 Tablespoons vinegar

- 2 Tablespoons vegetable oil
- ½ teaspoon sugar
- ½ teaspoon mustard
- Dash of pepper



Peel and grate carrots. Wash and grate red cabbage. In a large bowl, combine carrots and cabbage. In small bowl, combine remaining ingredients to make dressing. Mix dressing with carrots and cabbage. Serve.

Yield: 6 servings; serving size ½ cup (60 calories, 5 grams fat, 0 mg cholesterol, 35 mg sodium, 1 gram fiber)

Carrots with Bow Tie Pasta

- 8 ounces Bow tie pasta (3 cups)
- ½ cups packaged baby carrots
- 1 teaspoon dried dill (or 1 tablespoon fresh)
- 1 Tablespoon butter

Bring a large pot of water to a boil. Add carrots and bow tie pasta. Stir and cook the pasta until desired tenderness. Drain in a colander. Return the pasta and carrots to the pot. Add the butter and dill. Stir to combine and serve.

Yield: 5 servings; serving size 1 cup (200 calories, 3 grams fat, 5 mg cholesterol, 35 mg sodium, 2 grams fiber)

Carrot Nutrition

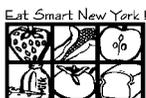
Carrots are a good source of vitamin A that is important for healthy eyesight, skin, growth, and helps our body resist infection. They are also a great source of beta carotene which is linked to reducing chronic diseases such as cancer and heart disease. One cup of raw carrots contains about 52 calories.



Carrot Facts

- Carrots originated in Afghanistan. They were purple, red, white, and yellow, but never orange. In the 16th century, the Dutch cross bred yellow with red carrots to introduce orange carrots.
- The longest carrot ever recorded was nearly 17 feet long and the largest carrot ever recorded weighted almost 19 pounds.

Free Nutrition Education Programs



Nutrition staff are available to help limited income families and individuals throughout Herkimer County stretch their food dollars to feed themselves and their families better.

Lessons can take place in participants homes or worksites as well as at community centers. Newsletters and other resources are also available by mail.

Topics include:

- Budgeting and stretching food dollars.
- Basic nutrition and menu planning.
- Preparing low cost, easy recipes and menus.
- Preserving, storing and preparing food safely.

Contact: Cornell Cooperative Extension
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Carrot Tips



Selection

- Carrots are available and in season all year long. Look for well-shaped carrots that are deep in color. More beta carotene is present in carrots that have a darker orange color. Avoid carrots that are crackled, shriveled, soft, or wilted.
- "Baby" carrots were once longer carrots that have been peeled, trimmed to 1 ½ - 2 inches in length and packaged. True baby carrots are removed from the ground early and actually look like miniature carrots. One pound of carrots will yield about 2-1/2 cups grated or 3 cups sliced or diced.

Storage

- Carrots are best stored in the crisper section of the refrigerator. If you buy carrots with the green tops still on, break off the tops, rinse, and place in a plastic bag in the refrigerator.
- Do not store carrots with fruit. Fruit produces a gas as they ripen which will decrease the storage life of carrots as well as other vegetables. That is why it is best to store fruits and vegetables separately.
- Raw carrots are best used in 2 weeks and cooked carrots should be used within 3 days.

How to Use

- Carrots can be used raw or cooked by steaming, boiling, stir frying, or as part of a soup, stew, or casserole. Eat carrot sticks plain, with salad dressing or with dip. Shred carrots into a soup or salad.
- Cook carrots in a small amount of water until tender. Or save time and cook in the microwave.
- Season with dill, tarragon, ginger, honey, brown sugar, parsley, lemon or orange juice.
- Kids love the mild taste of carrots. Be careful serving carrots to young children, since chunks of raw carrots can be a choking hazard.



Need help paying your grocery bill? Food Stamps can help!
Call (315) 894-9917 today.

Nutrition Outreach & Education Program of Catholic Charities of Herkimer County

To view past issues of "Make Your Food Dollars Count" newsletter on line see:
<http://counties.cce.cornell.edu/herkimer/esnynewsletters.htm>

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