

Carrots



Key Points

- For the best buy, choose carrots that are firm, smooth and without cracks.
- To prepare carrots, simply wash well with water. No need to peel skin which is full of nutrients.
- To keep fresh, refrigerate unwashed carrots for up to 2 weeks. Refrigerate cooked carrots for up to 3 days.
- Carrots contain vitamin A, which is good for healthy eyes and skin.

Carrot Raisin Salad

Ingredients:

2 cups shredded carrots
1/2 cup raisins
1 tablespoon vegetable oil
2 tablespoons lemon juice
1 garlic clove, minced
1/4 teaspoon cinnamon
Salt and pepper to taste

Directions:

1. In a large bowl, add the carrots and raisins.
2. In a small bowl, combine all other ingredients and mix well.
3. Pour the dressing over carrots and raisins. Stir well.
4. Chill, serve and enjoy!
5. Refrigerate leftovers.

Makes 5 servings.

Adapted from mykitchenvault.com

Braised Carrots & Tomatoes

Ingredients:

1 tablespoon vegetable oil
1 tablespoon whole coriander or cumin seeds (or 1 teaspoon ground)
1 cup chopped onion
4 cups chopped carrots
4 garlic cloves, minced
1 cup chopped tomatoes
1/2 cup chopped mint
Black pepper to taste

Directions:

1. Heat oil in a large pot over medium-high heat.
2. Add coriander or cumin and onion, cook until soft, about 5 minutes.
3. Add carrots and garlic and cook 3 minutes.
4. Add tomatoes and half of mint, cook until carrots are soft, about 10 minutes.
5. Turn off heat and add the remaining half of mint and pepper.

Makes 4 servings.

Adapted from www.nytimes.com

Quick Tips

- Eat carrot sticks plain, with low-fat salad dressing or dip.
- Shred carrots into a soup or salad.
- Wash and cook carrot tops to eat as greens!

Cooking is Family Time!

Kids can:

- Remove greens.
- Scrub carrot skins.

Just Say Yes to Fruits and Vegetables

For more information about Stellar Farmers' Markets, visit nyc.gov and search "farmers' markets". Visit jsyfruitveggies.org for more great recipes!

The Nutrition Facts Label — What does it tell us?

Recipe Name:
Carrot Raisin Salad

Recipe Name:
**Braised Carrots
and Tomatoes**

Nutrition Facts			
Serving Size (70g)		Servings Per Container	
Amount Per Serving			
Calories 100	Calories from Fat 25		
		% Daily Value*	
Total Fat 3g			5%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 150mg			6%
Total Carbohydrate 17g			6%
Dietary Fiber 2g			8%
Sugars 14g			
Protein 1g			
Vitamin A 150%	•	Vitamin C 8%	
Calcium 2%	•	Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

1. Start with the serving size.

2. Check calories.

3. Limit these:
- Total fat
- Saturated fat
- Trans fat
- Cholesterol
- Sodium

4. Get enough of these:
- Fiber
- Vitamins A and C
- Iron
- Calcium

Nutrition Facts			
Serving Size (173g)		Servings Per Container	
Amount Per Serving			
Calories 90	Calories from Fat 35		
		% Daily Value*	
Total Fat 4g			6%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 50mg			2%
Total Carbohydrate 14g			5%
Dietary Fiber 4g			16%
Sugars 6g			
Protein 2g			
Vitamin A 180%	•	Vitamin C 30%	
Calcium 6%	•	Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
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Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

Percent (%) Daily Value:
5% or less is LOW
20% or more is HIGH

This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP. The SNAP program, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). To find out more, contact: 1-800-342-3009 or go to: myBenefits.ny.gov. USDA is an equal opportunity provider and employer. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W

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