

Using and Storing Carrots

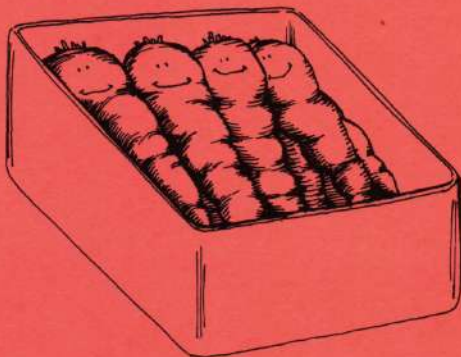
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Carrots are packed with nutrition and crunch-appeal. To get the most food value from your carrots — store them right.

HOW TO STORE CARROTS

1. With a sharp knife, cut off the stem end of the carrot.
2. Do not wash carrots until they are ready to be used.
3. Place carrots in plastic bags or plastic containers.
4. Store in the refrigerator, preferably in the vegetable crisper.
5. Properly stored carrots will remain fresh for about two weeks.



For long term storage, carrots can be:

- canned
- frozen
- or dried

HOW TO USE CARROTS

Carrots can be served in many ways:

- raw
 - boiled
 - baked
 - steamed
 - or pan roasted

Why not:

- Serve carrots steamed as a side dish with main courses.
- Add carrots to soups and stews.
- Pack carrot strips in lunches.
- Combine carrots with other vegetables and stir-fry until crisp-tender.
- Serve carrots with a dip for a nutritious snack.
- Try one of the recipes on the other side.

CARROTS ARE GOOD FOR YOU

Carrots are an excellent source of carotene, which the body uses to make vitamin A. If you are on a special diet, remember carrots are low in calories ($\frac{1}{2}$ cup = 30 calories), fat, and sodium.

Carrot Recipes

ORANGE GLAZED CARROTS

(this recipe makes enough for 6 people)

- ½ cup water
- 2½ cups sliced carrots
- ½ cup unsweetened orange juice
- 1 tablespoon cornstarch
- 2 tablespoons margarine
- 1 orange, peeled and diced

1. Cook carrots in ½ cup water until barely tender.
2. Drain cooking liquid into a measuring cup. Add orange juice. Add enough water to make 1 cup of liquid.
3. Remove carrots from pan.
4. Mix liquids and cornstarch in the pan. Cook over medium heat until thickened and clear, stirring constantly.
5. Add margarine, carrots, and oranges. Mix thoroughly and heat through.

Try orange glazed carrots for supper. Serve with roast chicken and a salad.

BAKED CARROTS

(this recipe makes enough for 4 people)

- 3 tablespoons margarine
- ¼ cup chopped onion
- 2 cups peeled, shredded carrots
- ¾ teaspoon salt
- 1 teaspoon sugar
- ½ cup water

1. Preheat oven to 350°F.
2. Melt margarine in fry pan.
3. Saute onions in margarine for about 3 minutes. Stir in carrots.
4. Place onion-carrot mixture in a baking dish.
5. Sprinkle with salt and sugar.
6. Pour water over the top.
7. Cover the dish and bake until carrots are tender, about 25 minutes.

Serve baked carrots for supper with meatloaf and tossed green salad.

CARROT BREAD

(this recipe makes one loaf of bread)

- 3 cups grated raw carrots
- 1 cup honey
- ½ cup vegetable oil
- ½ cup softened margarine
- 3 eggs
- ½ cup milk
- 3 cups whole wheat or white flour
- 2 teaspoons baking powder
- 1 teaspoon salt
- 2 teaspoons cinnamon
- ½ cup chopped nuts (optional)
- ½ cup raisins

1. Combine all ingredients in order given.
2. Pour into a greased loaf pan (9x5x3-inch).
3. Allow batter to sit for 15 minutes.
4. Bake bread at 350°F. for about 1¼ hours, or until knife inserted in center comes out clean.

Serve carrot bread with milk or juice and fruit or cheese for a snack.

CARROT RAISIN SALAD

(this recipe makes enough for 4 people)

- 2 cups shredded raw carrots
- ½ cup raisins
- ½ cup salad dressing or mayonnaise
- 1 tablespoon lemon juice (optional)

1. Combine all ingredients and mix thoroughly.
2. Chill and serve.

Serve carrot raisin salad for lunch with a sandwich and milk.