

CARROTS

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

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 (1/2 cup = 30 calories), fat, and sodium.

How to Store Carrots

With a sharp knife, cut off the stem end of the carrot.

Do not wash carrots until they are ready to be used.

Place carrots in plastic bags or plastic containers.

Store in the refrigerator, preferably in the vegetable crisper.

Properly stored carrots will remain fresh for about two weeks.

For long term storage, carrots can be:

- canned
- frozen
- dried

How to Use Carrots

Carrots can be served in many ways:

- raw
- boiled
- baked
- steamed
- 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.

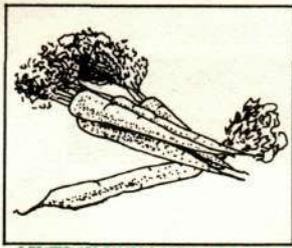
Carrot-Raisin Salad

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

Combine all ingredients and **mix** thoroughly. **Chill** and serve.

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

Serves 4.



carrots

Orange Glazed Carrots

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

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

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

Serves 6.

Carrot Bread

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

Combine all ingredients in order given. **Pour** into a greased loaf pan (9×5×3-inch). Allow batter to sit for 15 minutes. **Bake** bread at 350°F. for about 1-1/4 hours, or until knife inserted in center comes out clean.

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

Makes one loaf.

Baked Carrots

- 3 tablespoons margarine
- 1/4 cup chopped onion
- 2 cups peeled, shredded carrots
- 3/4 teaspoon salt
- 1 teaspoon sugar
- 1/2 cup water

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

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

Serves 4.

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