



A cooking and nutrition Fact Sheet

August 2010

CARROTS

Enjoy carrots cooked or raw.

- Raw carrots make a healthy and tasty snack.
- Cooking carrots brings out their sweetness and helps boost their nutritional value.

Nutrition Facts

One medium carrot has 35 calories.
Carrots are a good source of vitamins K and A, which studies show helps the eye adapt from bright light to darkness.

Glazed Carrots

Yield: 6 servings • Serving: ½ cup

1½ pounds fresh or frozen carrots (7-8 medium)
rinsed and cut in ¼ inch pieces

½ cup water

1 Tablespoon butter or margarine

½ Tablespoon brown sugar

2 Tablespoons honey

2-3 Tablespoons fresh parsley, minced or 1½
teaspoon dried parsley (optional)

1. In a medium saucepan, bring water to a boil; then add carrots.
2. Reduce heat; cover and simmer about 10 minutes or until carrots are tender. Drain.
3. Melt butter in a skillet over medium heat. Add sugar, honey and carrots; then reduce heat. Turn carrots frequently until well glazed, 1-2 minutes.
4. Sprinkle with parsley before serving (optional).

Vegetable Ribbons

Yield: 4 servings

1 medium zucchini, washed and ends trimmed
1 large carrot, peeled and ends trimmed
1 teaspoon olive or vegetable oil (or use cooking spray)
¼ teaspoon pepper, dash salt (optional)

1. Using a vegetable peeler, shave the zucchini and carrot into ribbons by moving the peeler back and forth.
2. Heat the oil in a large skillet over medium heat. (Or lightly coat pan with cooking spray.)
3. Add the vegetable ribbons, stir; cover with a tight-fitting lid and cook for 2 to 3 minutes, or until vegetables are tender but not overcooked.
4. Remove from heat, add pepper and salt, if desired, and serve immediately.

Option: To make vegetable coins instead of ribbons, cut zucchini and carrot into thin slices. Add ¼ cup water to the pan; cover and cook 5 to 8 minutes.

Recipe courtesy of Iowa State University Extension 2009 Calendar

Carrot and Raisin Salad

4 medium carrots, peeled and grated
¼ cup raisins
2 Tablespoons Mayonnaise or salad dressing
2 teaspoons sugar
2 teaspoons lemon juice

1. In medium bowl, thoroughly mix all ingredients.
2. Store in refrigerator until ready to serve.
3. Serve chilled.

Spicy Carrots and Squash

Yield: 4 servings · Serving: 1/4 of recipe

2 cups carrots, cut into 2 inch sticks
1½ cups squash, cut into 2 inch sticks
1 teaspoon vinegar
2 Tablespoons vegetable broth
1 teaspoon sugar
1½ teaspoons Dijon or spicy mustard

1. Wash, peel and cut carrots and squash.
2. Combine carrots and broth in saucepan. Cover and cook over medium heat about 5 minutes.
3. Add squash and cook 5 more minutes or until vegetables are just tender. Add more broth if necessary to keep from burning vegetables.
4. Stir vinegar, brown sugar and mustard into vegetables.
5. Cook for a few minutes over medium heat until most of the liquid cooks off.

Carrot Muffins

1 egg, beaten
1 cup milk
½ cup vegetable oil
½ cup grated carrot
2 cups flour
½ teaspoon salt
½ cup sugar
2½ teaspoons baking powder
1 teaspoon cinnamon
¼ cup raisins (optional)

1. Preheat oven to 400°F. Grease muffin tins.
2. In a large bowl, beat together egg, milk and oil.
3. Add carrot, flour, salt, sugar, baking powder, cinnamon and raisins. Mix only until moistened; batter should be lumpy.
4. Fill greased muffin tins ¾ full.
5. Bake for 15 to 20 minutes or until light brown.

Roasted Root Vegetables

Yield: 4 servings

4 medium sized root vegetables (choose a variety from potatoes, rutabagas, turnips, parsnips, beets, sweet potatoes, etc.)
2 carrots, chopped
1 medium onion, chopped
¼ cup vegetable oil
3 Tablespoons Parmesan cheese
Season with your favorite spices

1. Preheat oven to 350°F.
2. Cut vegetables into large chunks.
3. Place in a medium bowl and pour oil over top. Add seasonings or Parmesan and mix well.
4. Spread an even layer on a baking sheet.
5. Bake for 1 hour or until tender. Check a few vegetables to see if they are tender.

More Delicious Ideas

- Add grated carrots to quick breads, tomato sauces, soups and stews.
- Serve carrot slices or coins with dressing. Kids like food they can pick up and dip.
- Add grated carrots to peanut butter and jelly sandwiches.

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