



# CARROTS | MADE EASY

## SHORT TERM STORAGE



- Keep carrots in plastic bags with their leafy tops cut off
- Store in refrigerator for up to 2 weeks
- For long term storage, blanch (see back)

## HEALTH BENEFITS



- High in vitamin A, falcarinol, antioxidants like beta-carotene
- Improves vision, prevents cancer, combats aging, promotes healthy skin, heart, and liver

## WAYS TO ENJOY



- Raw: Eat as they are, or shred and add to salads or slaw
- Boiled: Add carrots to pot with water, bring to boil, cover pan and reduce heat to simmer, cook carrots 7-8 min
- Steamed: Add water and carrots to covered bowl; microwave
- Sautéed: Add carrots to oiled pan, cook on stovetop until tender

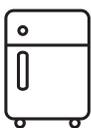


Flip over for recipes



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# BLANCH

verb  
prepare (vegetables) for freezing or further cooking by immersing briefly in boiling water

**STEP 1**  
Wash, then cut carrots to equal sized pieces so they cook evenly.

**STEP 2**  
Bring water to boil in 2/3 of a large pot. Add a few tablespoons of salt to water.

**STEP 3**  
Add carrots to boiling water. Once water returns to boil, time carefully: 3 min if sliced, 5 min for whole baby carrots.

**STEP 4**  
Immediately scoop out carrots and place in an ice water bath until completely cooled. Drain well.

**STEP 5**  
Place carrots in freezer bags, removing as much air as possible.  
**Will last up to one year.**

## EASYRECIPES

### Simple Potato Soup with Carrots 4-6 servings

*Ingredients:*

- 1 tablespoon butter or olive oil
- 3 medium potatoes, peeled and cubed
- 3 carrots, peeled and cubed
- Salt and black pepper
- 4 cups vegetable or chicken stock

*Directions:*

Place butter or oil in large saucepan and turn on medium heat. Once melted or heated, add vegetables, then salt and pepper; stir for 2-3 min. Add in stock and cook until tender, ~20 min.

### Glazed Carrots 8 servings

*Ingredients:*

- 2 lbs carrots, peeled and cut into sticks
- 1/4 cup butter
- 1/4 cup packed brown sugar
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

*Directions:*

Bring carrots to boil in large saucepan with 1 inch of water. Reduce heat to low, cover, and simmer 8-10 min until tender. Drain and transfer to bowl. Melt other ingredients in same saucepan. Add carrots back to saucepan and cook 5 min.

### Roasted Whole Carrots 4 servings

*Ingredients:*

- 8 medium carrots
- 2 teaspoons olive oil
- 1/4 teaspoon kosher salt
- 1/4 teaspoon black pepper

*Directions:*

Scrub carrots and dry well. Peel if desired. Arrange carrots in a single layer, well spaced on baking sheet. Drizzle with oil, turning to coat all over. Sprinkle with salt and pepper. Cover pan with foil. Bake at 400° for 10 min. Uncover and return pan to oven for 18 min.

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