



COOKING WITH

CARROTS

ABOUT CARROTS

- Carrots are not only orange, but can be found purple, black, red, white, and yellow.
- Carrots are an excellent source of beta-carotene, which is important for eyesight, skin, teeth, and bone growth.
- There are a variety of ways carrots can be prepared – stir fried, boiled, mashed, steamed, grated, baked, and more.

EXTENDING THE SHELF LIFE OF CARROTS

- Carrots last best when they are stored whole, un-peeled, in a plastic bag in the fridge drawer.
- Carrots can be frozen after blanching them. To blanch carrots:

Remove stems and wash thoroughly. Slice the carrots. Add to boiling water (4 cups of carrots to 16 cups of water), return to boil and cook for 3 minutes. Scoop out the carrots carefully and cool them right away in ice water. After cool, drain and dry the carrots and place into freezer bags – remove as much air as possible. Date the bag. They keep for up to a year in the freezer!

GLAZED CARROTS

SOURCE: whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/glazed-carrots

INGREDIENTS

- 2 tablespoons butter/margarine
- 1 ½ lbs carrots
- 1 cup water
- ¼ teaspoon pepper
- 2 teaspoons sugar

INSTRUCTIONS

1. Peel the carrots. Cut in half lengthwise, then cut into 1 inch pieces.
2. Melt the margarine in a heavy saucepan on low heat.
3. Add the carrots. Stir to coat them with the margarine.
4. Add the water, salt and pepper.
5. Cover and simmer for about 15 minutes until tender.
6. Drain the water.
7. Add the sugar.
8. Cover the pan.
9. Shake the pan back and forth on the burner for 1 minute.
10. Cook for 1 more minute, until the carrots are glazed but not brown.

Nutrition Facts

Amount Per Serving

Calories 90

% **Daily Value***

Total Fat 4g

Saturated Fat 1g

Cholesterol 0mg

Sodium 210mg

Total Carbohydrates 12g

Dietary Fiber 3g

Sugars 7g

Protein 1g

Vitamin D 0%

Calcium 0%

Iron 0%

Potassium 0%

*Based on a 2,000 calorie diet



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