

TASTE OF THE SEASON...



C A R R O T S

Fun Facts

- Carrots were not originally orange. When first cultivated carrots came in red, black, yellow, white and purple - but not orange.
- Mel Blanc, the voice of Bugs Bunny, did not like carrots.
- Women in England would often use carrot tops to decorate their hats.
- Carrots are about 87% water.
- The ancient Greeks encouraged the eating of carrots as a remedy for an upset stomach.
- Orange carrots got their color from beta carotene.

Roasted Carrot "Fries"

Yield 100 – ½ cup

- 18 lb fresh carrots
- ½ cup canola oil
- ¼ cup granulated garlic
- 1 teaspoon black pepper



For this recipe, purchase fresh carrot sticks, ready to use, cut ½" x 4."

1. Toss the carrot sticks together with the oil and seasonings until the carrots are lightly coated with the oil.
2. Spread the carrots on sheet pans in a single layer.
3. Roast in a 375 degree F. oven for approximately 30 minutes until the carrots are softened and caramelized.
4. Hold hot at 140 degrees F. until served.

Portion with a 4 oz. spoodle.

Nutrition Facts

Serving Size 1 cup strips or slices 122g (122 g)	
Amount Per Serving	
Calories 50	Calories from Fat 2
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 84mg	4%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	14%
Sugars 6g	
Protein 1g	
Vitamin A 408%	Vitamin C 12%
Calcium 4%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
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Storage Tips:

- Carrots are best stored in the refrigerator. Be careful not to store carrots with apples and pears as the carrots will absorb odors from those fruits.



Selecting Tips:

Choose carrots that are firm and brightly colored. If the tops are attached, make sure the tops are not wilted. Avoid limp or excessively cracked carrots.

According to researchers at the USDA, eating carrots may help to lower your cholesterol level. In their study, participants who ate seven ounces of carrots a day for three weeks had an 11 percent reduction in cholesterol levels, on average. Grated carrots are also a great source of fiber; ½ cup of carrots will add about two grams of fiber to a recipe!



Eating '5 to 9 a Day' can be a simple lifestyle change with big benefits to your health.

