

# CARROTS



## WHAT DO THEY TASTE LIKE?

Carrots have a sweet, earthy flavor with a rough crunchy texture.

## HOW DO I PICK THEM?

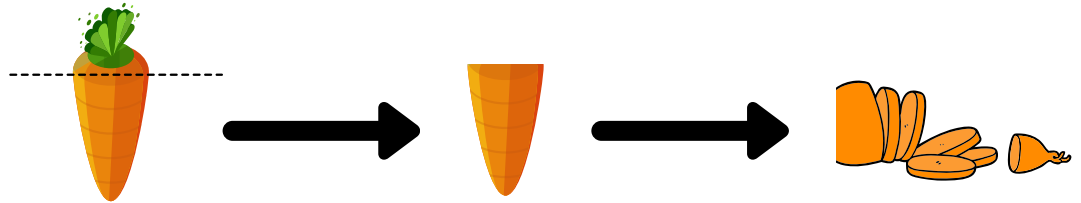
Choose firm carrots that have a bright color and smooth skin.

## HOW DO I STORE THEM?

Store carrots in a plastic bag then put in the refrigerator in a drawer for up to 1 month.

## HOW DO I PREPARE THEM?

1. Wash and scrub carrots thoroughly to remove any dirt.
2. Cut off stem.
3. Peel the skin using a knife or vegetable peeler or leave skin on if preferred.
4. Prepare according to recipe being used (chopped, sliced, grated).



Eat fresh with **dip** or **dressing**, add to **salad** or **soup**, **bake** in the oven whole, sliced or chopped, **roast** with other vegetables, or add them to **smoothies**.

## CHEESY CARROT FRIES

### Ingredients:

- 2 pounds carrots, washed and peeled
- 2 tablespoons olive oil
- 1/4 teaspoon pepper
- 1/4 teaspoon salt
- Non-stick cooking spray
- 1/4 cup parmesan cheese

### Directions:

1. Preheat oven to 400°F.
2. Slice carrots into strips, shaped like fries.
3. Place carrots in a bowl and toss with olive oil, salt and pepper.
4. Place carrots on baking sheet sprayed with non stick spray. Bake for 30-35 minutes, or until carrots are tender and golden.
5. Toss with parmesan cheese and serve.

*Visit the URI Nutrition YouTube channel to watch a video on this recipe.*

For recipes & information about preparing healthy foods, visit [web.uri.edu/SnapEd](http://web.uri.edu/SnapEd) or call us at 1-877-366-3874.

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## KITCHEN TIP!

The green tops of carrots are edible! Carrot greens have a fresh and slightly bitter flavor. Add them to a soup, salad, or smoothie.