

Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

# The produce of the week is...

## Carrots



You can find POW! info sheets on the EHHD website!

[www.ehhd.org](http://www.ehhd.org)

Look for

Produce of the Week

What veggie has a high natural sugar content?

### CARROTS!

- ◆ Look for carrots that are well shaped and deep in orange color. The darker carrots contain more beta carotene.
- ◆ Avoid carrots that are cracked, shriveled or wilted.
- ◆ Carrots are best stored between 32-50 degrees in the crisper section of the refrigerator.
- ◆ Baby carrots are carrots that have been removed from the ground early.

Source: [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

### Nutrition Facts:

- Carrots are an excellent source of Vitamin A and a good source of Vitamin C.
- They contain no fat or cholesterol and little sodium.
- A typical serving size is 1/2 cup, which contains about 25 calories.

### Did you know ?

- Carrots were the first vegetable to be canned commercially.
- Carrots are in season year round and are great as a quick snack or an addition to a meal.

## Count it out!

Keep track of the fruits and veggies that you eat each day by outlining a different color triangle every time you have a fruit or veggie. Try to eat a rainbow of colors and eat at least 5 servings of fruits or veggies each day.

Day 1



Day 2



Day 3



Day 4



Day 5



Day 6



Day 7





Eastern Highlands Health District

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# Try these delicious, nutritious and healthy recipes!

## Carrot, Apple, Almond Salad

### INGREDIENTS

- ♦ 4 carrots, shredded
- ♦ 1 apple - peeled, cored and shredded
- ♦ 1 tablespoon lemon juice
- ♦ 2 tablespoons honey
- ♦ 1/4 cup blanched slivered almonds
- ♦ salt and pepper to taste

### DIRECTIONS

In a bowl, combine the carrots, apple, lemon juice, honey, almonds, salt and pepper. Toss and chill before serving.

## Simple ways to enjoy CARROTS:

☞ Carrots are great raw or cooked. ☞ Raw carrots can be a delicious snack for the whole family when eaten plain or when paired with a low-fat dip. ☞ Steamed carrots sprinkled with honey & ginger are a great side dish. ☞



## Ginger Carrots

### INGREDIENTS

- ♦ 1 pound carrots
- ♦ 1 Tbsp. margarine
- ♦ 2 Tbsp. brown sugar
- ♦ 1/2 cup apple juice
- ♦ 2 Tbsp. fresh ginger, or 1/2 Tbsp. dried ginger
- ♦ 1/4 tsp. cumin
- ♦ 1 tsp. white pepper
- ♦ Salt and pepper to taste

### DIRECTIONS

Cook carrots in boiling water for 3 minutes or until tender, cool. In a sauce pan melt margarine and sugar until it begins to boil. Reduce heat, cook for 5 minutes to caramelize. Add apple juice and bring to a boil. Cook until sauce is reduced to a light syrup. Add carrots, ginger and cumin. Cook on medium heat until glazed. Salt and pepper to taste.

Recipe modified from [morematters.org](http://morematters.org)

**Caution: Make sure to try all of these recipes under the supervision of an adult and be careful of food allergies! Happy and healthy cooking!**