

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



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.

- **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 every day.

Day 1



Day 3



Day 5



Day 6



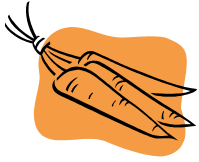
Day 4



Day 2



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.

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
- ◆ A pinch of salt
- ◆ 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.

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 are a great side dish.

Source for recipes: www.allrecipes.com, www.fruitsandveggiesmatter.gov

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!