

CARROT

A universal and hardy vegetable, carrot is easy to find, and adds great flavor to many dishes. The orange part of the carrot most commonly eaten is actually the taproot of the plant. The green top which grows above ground is also edible.

lovin'
spoonfuls
a food rescue



BEST COOKING METHODS

- RAW
- ROAST

RECIPE IDEAS

- GRATE INTO SALAD
- SHRED INTO MUFFINS, WAFFLES OR BREAD

STORAGE

- Remove greens, store wrapped in paper towel and in a sealed bag to keep crisp.
- Carrots can be stored for long periods.
- Wash just before use.

NUTRITION

- Good source of Vitamin A and K, fiber and antioxidants

TIPS

- Green top can be saved and used for pesto, or added into mixed greens for salad.
- Chop with onion and celery to make mirepoix, the base for many classic dishes.



HONEY ROASTED CARROTS

- **1 lb** small carrots, peeled and cut into 2-inch chunks
- **1 1/2 tbsp** oil (olive or vegetable)
- **1 tbsp** cider vinegar
- **1 tbsp** honey

HEAT OVEN TO **375F**. IN A LARGE BOWL, TOSS CARROTS WITH OIL AND SALT AND PEPPER TO TASTE. SPREAD CARROTS ON A BAKING SHEET AND ROAST FOR **30 MINS**. AFTER **30 MINS**, REMOVE CARROTS AND DRIZZLE WITH VINEGAR AND HONEY, TOSSING LIGHTLY TO COAT. RETURN TO OVEN FOR **15 MINS** MORE. ALLOW TO COOL SLIGHTLY BEFORE SERVING. SERVES **4**.

(ADAPTED FROM WWW.BBCGOODFOOD.COM)