

Carrot



Hardy and versatile, carrots are easy to find, nutritious, and add great flavor to many dishes. The root, which can be orange, white, yellow, or purple, is where the plant stores energy, which is why it's sweet and tasty. The green top, which grows above ground, is also completely edible. Carrots are a good source of vitamins A and K, fiber, and antioxidants.

Cooking Tips

Carrots are eaten raw or cooked, by themselves, or in many complex recipes. They can withstand long cooking times in soups and stews, or even be added to baked goods. The green tops are slightly peppery and can be used for pesto, in place of parsley, or added into mixed greens for salad.



Storage

Separate tops and refrigerate wrapped in a paper towel in a sealed bag. Roots can be stored in the crisper drawer or in a loose plastic bag in the fridge. Wash just before using. To freeze, pre-cut roots and freeze in an airtight container up to 6 months.

Honey Roasted Carrots

Serves: 4 Total Time: 45 Minutes

Ingredients:

- 1 lb carrots, peeled and cut into 2-inch chunks
- 1 ½ tbsp oil (olive or vegetable)
- 1 tbsp cider vinegar
- 1 tbsp honey
- Salt and pepper

Directions:

1. Heat oven to 375°F.
2. In a large bowl, toss carrots with oil and salt and pepper to taste.
3. Spread carrots on a baking sheet and roast for 20 minutes.
4. Remove carrots and drizzle with vinegar and honey, tossing lightly to coat.
5. Return to oven for 15 minutes, until glaze dries and begins to brown.
6. Cool slightly before serving.

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spoonfuls
a food rescue



Quick Tips:

- Spice it up with a sprinkle of paprika or red pepper flakes.
- Mix carrots with parsnips, turnips, or other root vegetables.
- Leftovers can be added to stir-fry or blended into soup!

