

CARROTS



TRY THIS

- Add carrots to salads, soups, stews, sandwiches, wraps or any stir fry.
- Add grated carrots, chopped walnuts, and a dash of cinnamon to oatmeal.
- Keep sliced or baby carrots on hand for a quick snack.

BUYING AND STORING

- Select carrots that are firm and smooth with an even color. Avoid carrots that are wrinkled or soft.
- Store fresh carrots in the refrigerator in a plastic bag or wrap. They will keep up to two weeks.
- Wash all fresh fruits and vegetables before using.

MAPLE SOY GLAZED ROASTED CARROTS

Time: 45 minutes | Makes: 8 servings | Serving Size: ½–¾ cup

Nutrition Information Per Serving: Calories 107, Carbohydrate 14g, Dietary Fiber 3g, Protein 1g, Total Fat 5g, Saturated Fat 1g, Cholesterol 0mg, Sodium 241mg


INGREDIENTS

2 pounds (about 8–12 carrots), washed
3 tablespoons olive oil, divided
2 tablespoons maple syrup

2 tablespoons low-sodium soy sauce
¼–½ teaspoon red pepper flakes

INSTRUCTIONS

1. Preheat oven to 400 F.
2. Peel (optional), trim ends, and cut carrots into equal-sized pieces about 2 inches long.
3. Place carrots on a 9-by-13-inch baking sheet, leaving a little space between carrots. Drizzle with 2 tablespoons olive oil and mix to coat.
4. Sprinkle with red pepper flakes (optional).
5. Place carrots in oven and roast for 15 minutes.
6. While roasting, whisk together the maple syrup, soy sauce, and remaining olive oil in a small bowl.
7. Remove carrots from oven and drizzle with the maple syrup mixture. Turn carrots gently to coat.
8. Return carrots to oven. Roast 10–15 minutes longer, or until carrots are tender. Carrots are done when a fork can be inserted easily.
9. Serve immediately.



Always wash hands before preparing food. Wash all fresh fruits and vegetables before using.

CHANGE IT UP

- Replace the soy sauce with balsamic vinegar.
- Sprinkle with 2 tablespoons fresh thyme, chopped or sprigs of fresh thyme before roasting.
- Skip the maple syrup mixture in Step 7. Halfway through cooking, toss the carrots with ½ cup grated Parmesan cheese and 2 teaspoons minced garlic instead.