

# 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 fresh 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 for up to two weeks.
- Wash all fresh fruits and vegetables before using.

# ORANGE CARROT SALAD

Time: 15 minutes | Makes: 4 servings | Serving Size:  $\frac{3}{4}$  cup

Nutrition Information Per Serving: Calories 115, Carbohydrate 12g, Dietary Fiber 3g, Protein 1g, Total Fat 7g, Saturated Fat 1g, Cholesterol 0mg, Sodium 154mg

## INGREDIENTS

1 pound carrots (about 4–6 medium carrots), shredded

$\frac{1}{4}$  cup fresh parsley, chopped

2 tablespoons olive oil

3 tablespoons orange juice

1 teaspoon mustard

$\frac{1}{8}$  teaspoon kosher salt

$\frac{1}{8}$  teaspoon pepper

## INSTRUCTIONS

1. In a large bowl, add carrots and parsley.
2. In a separate bowl, whisk together olive oil, orange juice, mustard, salt, and pepper. Pour over carrots and toss to combine.
3. Serve immediately or cover and chill in refrigerator to serve later.

## CHANGE IT UP

- Add one 11-ounce can mandarin oranges packed in 100% juice or water, drained.
- Add  $\frac{1}{4}$  cup golden raisins or dried cranberries.
- Add  $\frac{1}{2}$  teaspoon cumin.
- Add 2 tablespoons chopped green onions and/or fresh dill.



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

