

SIMPLY GOOD FOOD

Carrots

Some studies suggest that diets rich in vegetables and other foods containing vitamins C, A, beta carotene and fiber may reduce the risk of certain cancers. Eating a variety of foods that contain vitamins C, A and beta carotene is the best way to get an adequate amount. Beta carotene, which can be converted into vitamin A in the body, is found in many vegetables including carrots. One large carrot also contains 1.8 grams of fiber, less than 1 gram of fat and no cholesterol. Best of all a large carrot only contains 31 calories! Diets should contain variety. If we eat foods prepared the same way all the time, we would get bored with eating. Here are a few recipes using carrots to spice up your meals.



Look for carrots which are well-formed, smooth, well colored and firm. Avoid roots with large green sunburned areas at the top (which must be trimmed) and roots which are flabby from wilting or show spots of soft decay. Did you know carrots are among the top group of foods which are considered to have anti-cancer properties?

Carrot Salad

- 2 cups grated carrots
- ½ cup raisins
- 1 (8 3/4 oz) can pineapple tidbits, drained
- 1/3 cup mayonnaise

Combine above ingredients and serve on a crisp bed of lettuce.

For 8 servings: Calories - 133.62; Protein - 0.72 g; Carbohydrates - 17.20 g; Dietary Fiber - 1.49 g; Fat - 7.47 g; Saturated Fat - 1.36 g; Cholesterol - 6.67 mg; Sodium - 61.17 mg.

Orange-Flavored Carrots

Makes 6 / ½ cup servings

- 1 cup water
- 6 carrots, sliced
- 2 tablespoons onion, chopped
- 2 tablespoons frozen orange juice concentrate
- 1 teaspoon lemon juice

Place water in a saucepan. Bring to a boil. Add carrots and onions to the boiling water. Cover and continue to boil gently until carrots are tender, about 20 minutes. Drain the cooking liquid and save for later. Add orange juice concentrate, lemon juice, and two tablespoons of the cooking liquid to the drained vegetables; stir gently. Reheat until warm and serve.

Nutrient analysis per serving: calories, 35; fat, 0 g



Sautéed Carrots and Garlic

*You've had them plain, you've had them sweet.
Now try them with garlic for a new, Vitamin A-rich
twist your family won't be able to resist!*

- 2 tablespoons butter or margarine
- 1 pkg (16 oz.) mini peeled carrots
- 2 cloves garlic, thinly sliced
- 2 tablespoons chopped fresh parsley

In large skillet melt butter over medium heat. Add carrots; cook, stirring occasionally, 10 minutes. Increase heat to medium-high; cook until carrots start to brown, 2-3 minutes. Stir in garlic; cook until fragrant and lightly browned, about 2 minutes. Stir in parsley, transfer to serving bowl. Serves 4

Preparation time: 10 minutes; ready to serve in 20 minutes

Nutrients per serving: Calories, 100; Fat, 7g; Chol., 16 mg.; Protein, 1g; Carbs., 10g; Sodium, 103 mg.; Fiber, 2g;



Chilled Dilled Carrot Salad

- 2 cups carrots, peeled & thinly sliced
- ½ cup diced shallots or red onions
- 1 tablespoon olive oil
- 1 tablespoon red wine vinegar
- 2 to 3 tablespoons fresh dill, chopped
- Salt & pepper to taste

Parboil carrots until tender yet crisp (about 2 minutes). Rinse under cold water & drain. Combine carrots and onions. Mix remaining ingredients in small bowl until well blended. Pour over carrot mixture and toss well. Refrigerate at least 3 hours to blend flavors. Makes 4 servings.

This is an official 5-A-Day recipe.

Nutrient analysis per serving: calories, 46; fat, 1g; cholesterol, 0mg; fiber, 3g; sodium, 157mg

Supporting State Extension Goal: Health, Safety and Well Being

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