



# CARROTS

## Nutritious and Delicious

Carrots are a root vegetable and one of the most popular go-to vegetables. They are naturally sweet, low-calorie, and offer a satisfying crunch with each bite. While we know them as an orange vegetable, carrots can also come in a rainbow of colors which makes for a fun snack for kids. Carrots are an excellent source of Vitamin A for eye health as well as providing B vitamins, vitamin K, potassium, and fiber.

## Storing and preparing

Carrots should be stored in the refrigerator in a plastic bag, loosely tied or knotted. To prepare, scrub carrots to remove any dirt on the outer layer. They can also be peeled with a vegetable peeler after rinsing.



## Cooking

**BAKING or ROASTING:** Cut or slice carrots and place on a lightly-oiled baking sheet. Cook at 400°F for 25 to 30 minutes or until browned and just soft.

**STEAMING:** Cut carrots into slices and put in a steamer basket. Boil an inch or two of water in a saucepan. Put the steamer basket over the boiling water. Cover the saucepan, leaving a small vent for steam to escape. Cook on medium heat for 5 to 10 minutes or until carrots are tender.

**MICROWAVING:** Cut carrots into slices and place in a microwave-safe dish. Add 3 Tablespoons water. Cover and cook on high for 10 minutes. Stir once halfway through cooking time.

## Ways to enjoy

- Raw carrots are great eaten plain!
- Add grated carrots to quick breads, tomato sauces, soups, and stews.
- Serve carrot slices or sticks with low-fat dressing, hummus, or salsa.
- Add grated carrots to peanut butter and jelly sandwiches.

Check out our super quick and tasty recipe for **Carrot Raisin Salad with Yogurt** at <https://buyeatlivebetter.org/recipes.html>  
or  
Montana Harvest of the Month's **Crispy Carrot Fries** video at [https://youtu.be/\\_xFSHqfcwOo](https://youtu.be/_xFSHqfcwOo)



## Vegetable Ribbons

Yield: 4 Servings | Serving Size: 3/4 Cup

- 1 medium zucchini, washed and ends trimmed
- 1 large carrot, peeled and ends trimmed
- 1 teaspoon olive or vegetable oil (or cooking spray)
- ¼ teaspoon pepper, dash salt (optional)

- Using a vegetable peeler, shave the zucchini and carrot into ribbons by moving the peeler back and forth.
- Heat the oil in a large skillet over medium heat (or lightly coat pan with cooking spray).
- Add the vegetable ribbons, stir; cover with a tight-fitting lid and cook for 2 to 3 minutes, or until vegetables are tender. Do not overcook.
- Remove from heat, add pepper and salt, if desired, and serve immediately.

Iowa State University Extension

Nutrition Facts	
4 servings per container	
<b>Serving size</b>	<b>3/4 cup (70g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>25</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 20mg	<b>1%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 14mg	<b>2%</b>
Iron 0mg	<b>0%</b>
Potassium 194mg	<b>4%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Savory Carrots and Squash

Yield: 4 Servings | Serving Size: 3/4 Cup

- 2 medium carrots
- 2 Tablespoons vegetable broth
- 1 small butternut squash
- 1 teaspoon vinegar
- 1 teaspoon sugar
- 1½ teaspoons Dijon or spicy mustard

- Scrub and cut carrots into 2-inch sticks.
- Using a vegetable peeler, peel butternut squash, cut in half and remove seeds. Cut one half of squash into 2-inch sticks. Reserve the remaining half, wrapped tightly in plastic wrap, for use in another recipe.
- Combine carrots and broth in saucepan. Cover and cook over medium heat about 5 minutes.
- Add squash and cook 5 more minutes or until vegetables are just tender. Add more broth if necessary to keep the vegetables from burning.
- Stir vinegar, brown sugar, and mustard into vegetables.
- Cook for a few minutes over medium heat until most of the liquid cooks off.
- Remove from heat and serve immediately.

Nutrition Facts	
4 servings per container	
<b>Serving size</b>	<b>3/4 cup (152g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>60</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 110mg	<b>5%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 6g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 38mg	<b>2%</b>
Iron 1mg	<b>6%</b>
Potassium 392mg	<b>8%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or [www.apply.mt.gov](http://www.apply.mt.gov). Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.