

Carrots

HOW TO CHOOSE AND STORE

Look for carrots that are firm and smooth; avoid carrots with dark spots, cracks, or a slimy texture. Fresh carrots will have fresh, green leaves! Storing carrots in your refrigerator will allow them to last for up to a month. Wrap them in paper towel and seal them in a bag to prevent rotting.

HOW TO USE AND EAT

Carrots can be eaten raw as a snack or cooked by roasting, steaming or boiling them. They can also be baked into cakes or bread, and the leaves can be used as a bitter seasoning when cut off fresh.



GARLIC BUTTER ROASTED CARROTS

- 2 lbs of carrots
- 5 tbsp butter
- 4 garlic cloves (minced)
- 1/4 tsp salt
- 1/4 tsp ground pepper

Preheat oven to 425°F. Melt butter and add garlic to the pan until lightly browned (stir). Cut carrots diagonally into 2-3 inch pieces. Combine carrots with garlic butter. Transfer carrots onto a baking sheet greased with cooking spray. Bake for 20-30 minutes. Garnish with parsley (optional) and serve.

BUTTERY COOKED CARROTS

- 1 lb baby carrots
- 1/3 cup brown sugar
- 1/4 cup butter

Cook carrots in a large pot of boiling water until tender, about 8-10 minutes. Strain carrots leaving enough water to cover the bottom of the pot and set carrots aside. Add brown sugar and butter to pot. Stir and simmer until butter melts. Return carrots to the pot and toss to coat. Cover and let sit for a few minutes and serve.

CARROT CAKE CUPCAKES

- 1/2 cup grated peeled carrots (2-3)
- 1/2 cup vegetable oil
- 1/2 cup granulated sugar
- 1/2 cup brown sugar
- 1/4 cup flour
- 2 eggs
- 1 tsp vanilla extract
- 1 tsp baking soda
- 3/4 tsp ground cinnamon
- 1/4 tsp salt

Makes 12 cupcakes. Preheat oven to 350°F. Whisk dry ingredients in one bowl and wet in another. Mix all ingredients together. Bake for 20-25 minutes and cool completely before frosting.

To make cream cheese frosting, mix 8 ounces of cream cheese, 1/2 cup butter, 1 tsp vanilla extract, a pinch of salt and 3 cups of powdered sugar.