

Carrots

Key Points

- For the best buy, choose carrots that are firm, smooth and without cracks.
- To prepare carrots, wash well before eating.
- To keep fresh, refrigerate unwashed carrots for up to 2 weeks. Refrigerate cooked carrots for up to 3 days.
- Carrots contain vitamin A, which is good for healthy eyes and skin.



Quick Tips

- Eat carrot sticks plain, with low-fat salad dressing or dip.
- Shred carrots into a soup or salad.
- Wash and cook carrot tops to eat as greens!
- Remember to rinse all fruits and vegetables before using.

Carrot Raisin Salad

Ingredients:

2 cups shredded carrots
1/2 cup raisins
1 tablespoon vegetable oil
2 tablespoons lemon juice
1 garlic clove, minced
1/4 teaspoon cinnamon
Salt and pepper to taste

Directions:

1. In a large bowl, add the carrots and raisins.
2. In a small bowl, combine all other ingredients and mix well.
3. Pour the dressing over carrots and raisins. Stir well.
4. Chill, serve and enjoy!
5. Refrigerate leftovers.

Makes 5 servings.

Adapted from mykitchenvault.com

Just Say Yes to Fruits and Vegetables



Carrot and Zucchini Stir Fry

Ingredients:

3 tablespoons vegetable oil
3 zucchini, shredded
2 carrots, peeled and shredded
2 garlic cloves, minced
2 tablespoons fresh herbs or 1 tablespoon dried (parsley or basil)
Salt and pepper to taste

Directions:

1. Heat oil in a medium frying pan over medium-high heat.
2. Add zucchini, carrots and garlic. Cook until vegetables are soft, about 7 minutes.
3. Stir in herbs, salt and pepper.
4. Serve and enjoy!
5. Refrigerate leftovers.

Makes 4 servings.

Adapted from the Greenmarket Recipe Series.

For more information about Stellar Farmers Markets, visit www.nyc.gov/health/farmersmarkets
Visit our website at www.jsyfruitveggies.org for more great recipes!

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