

CARROTS



Carrots are in season from August through October.

Tips for selecting carrots

Choose carrots that are firm, smooth, evenly shaped, and have a bright orange color. One pound will serve three or four adults, and equals 3 cups grated, or 3½ to 4 cups sliced or diced.

Storage

Carrot greens or tops should be removed before storage. Carrots should be stored in the refrigerator in a plastic bag and are best if used within one to two weeks. Carrots can be frozen—contact your county Extension office (counties.extension.wisc.edu) for information.

Preparation

Wash well in cold water, scrubbing with a vegetable brush. Young carrots do not need to be peeled, simply scrub and use. Carrots can be eaten raw or they can be cut up and cooked by steaming, boiling, stir-frying, or as part of soup, stew, or casserole.

Microwave

Add 2 tablespoons water to carrots (¼-inch slices). Cover and cook 5 minutes or until tender. Let stand 1 minute.

Key nutrient

- Vitamin A for vision, healthy skin, and resistance to infection

Recipes

Glazed carrots

3 large carrots, peeled and cut into ¼-inch slices
2 teaspoons butter or margarine
1 tablespoon brown sugar
1 teaspoon ground ginger, optional
Add carrots to ½ cup of water. Bring to boil, reduce heat, and cook for 10 minutes. When tender, drain and set aside. Melt margarine in medium skillet. Add sugar and ginger and mix. Add carrots. Cook 3 minutes over low heat, stirring so each carrot slice is glazed. Serves 3; 60 Cal; 2.5 g fat.

Carrot and zucchini puff

2½ cups shredded carrots
1 cup shredded yellow squash
1 cup shredded zucchini
1 cup chopped scallions or green onions
5 medium or large eggs, slightly beaten
2 tablespoons packed brown sugar
Dash of grated nutmeg
1 tablespoon grated orange peel
1 teaspoon ground ginger
Pinch of black pepper
Preheat the oven to 350° F. Grease a 2-quart baking dish or spray with nonstick spray. In a large bowl, mix the carrots, zucchini, squash, scallions, egg, sugar, orange peel, ginger, nutmeg, and pepper. Spoon into the prepared baking dish. Bake for 1 hour or until puffed and golden and a knife inserted in the center comes out clean. Serves 4; 160 Cal; 6.5 g fat.

