

Carrots

Storage & Prep Tips

- To make fresh carrots last longer you can cut the greens off the top and store them in water in the refrigerator. This can make them last up to 3 months.
- If you buy fresh carrots you can also store them by washing them in cold water, cutting the greens off the top and store them wrapped in a plastic bag. This can make them last up to 1-2 weeks.
- If cutting carrots ahead of time you can store them in water in the refrigerator and this will keep them from drying out.

Nutrition Info

- Carrots are a good source of Vitamin A, Vitamin C, Vitamin K, Potassium, and Dietary Fiber.
- Raw carrots have more nutrients compared to cooked carrots.

Fun Fact

- Not all carrots are orange, they can also be red, yellow, and purple!



How to Clean and Cut a Carrot

- First you want to rinse the carrot in under running water making sure to remove any dirt that might be on it.
- Now you can trim both ends of the carrot.
- Next you can peel the skin off of the carrot with a vegetable peeler.
- Now the carrot is ready to be cut, or eaten.

Cinnamon and Orange Glazed Carrots – (8 servings)

What you need-

- 2 pounds carrots, peeled and sliced
- 1/4 cup melted butter
- 1/4 cup orange juice
- 1/4 cup brown sugar
- 4 Tbsp white sugar
- 1 ½ tsp ground cinnamon

Directions-

1. Preheat oven to 350 degrees F
2. Put carrots in large covered pot and bring to boil
3. Reduce heat and simmer until slightly tender (5 minutes)
4. Drain carrots
5. In separate bowl add melted butter, orange juice, brown sugar, white sugar, and cinnamon and stir until the sugar is dissolved.
6. Add carrots to the mixture and toss until coated
7. Place carrots on baking sheet and bake in oven until carrots are tender (15-20minutes)