

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.



Carrot Salad

Ingredients:

- 1 pound carrots (6-7 carrots)
- 1/2 cup low fat mayonnaise
- 1 1/2 cups chopped pineapple, drained
- 3/4 cup raisins
- Pinch of salt and pepper

Directions:

1. Peel and shred the carrots. Set aside.
2. In a large bowl, combine the mayonnaise, pineapple and raisins.
3. Add the carrots to the bowl. Mix well.
4. Add salt and pepper to taste.
5. Refrigerate until ready to serve.
6. Refrigerate leftovers.

Makes 6 servings.

Carrot Cookies

Ingredients:

- 1 cup flour
- 1 teaspoon baking powder
- 1 cup oats
- 1 teaspoon cinnamon
- 1 1/4 cups shredded carrots
- 1 1/2 cups raisins
- 1/2 cup applesauce
- 1/4 cup vegetable oil
- 1/2 cup honey

Directions:

1. Preheat oven to 350°F
2. In a large bowl, stir together flour, baking powder, oats, cinnamon, carrots and raisins.
3. In a small bowl, stir together the applesauce, oil and honey.
4. Mix wet ingredients into dry ingredients.
5. Drop by teaspoonful onto 2 greased cookie sheets to make 36 cookies.
6. Bake 10 minutes. Enjoy!
7. Each serving is 3 cookies.

Makes 12 servings.

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.

Just Say Yes

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