

## Carrots: Get Creative with a Common Root Veggie

Sick of the same old peas-and-carrots, carrot sticks, and boiled carrots in your soup? Yeh, it's nice to mix things up a bit when it comes to the staples in our diet, and carrots are no exception. If you came out to the cooking demo at Wentworth Greenhouses on 3/26/11, then you'll recognize the first 2 recipes on page 2. We've also included a couple more recipes to keep your carrot dishes fresh! **eat well. live well. be well.**

*Jennifer & Erin*

### A Few Tips for Cooking and Enjoying Carrots:

Carrots are a great source of fiber, vitamins A and K, beta carotene and potassium. You've probably heard that carrots are good for your eyes; this is true! Carrots contain beta-carotene which is converted to Vitamin A—a vitamin that supports eye health.



Besides being nutritious, carrots are available year-round as they store well and hold up to freezing. Carrots are a versatile vegetable—they can be eaten raw on their own, in a salad, or cooked. By virtue of being a root vegetable, carrots are perfectly suited for stews, soups, casseroles, pasta, cake or quick breads.

The best ways to prepare carrots (or any other vegetable) is to blanch, steam, or roast them. These methods help to preserve the vitamins in carrots. The light cooking actually makes it easier for your body to absorb the nutrients. Of course, carrots are great eaten raw as well; however, because the cell walls of the carrot haven't been broken down, you won't absorb as many nutrients as you would if the carrot had been lightly cooked. Don't boil veggies though—boiling causes the nutrients to leach into the water and you won't get as many nutrients per serving.

If you are carbohydrate-conscious, keep in mind that cooking vegetables can slightly increase the Glycemic Index of that vegetable—that is the starches in the vegetable get converted to sugars with cooking. A food with a high glycemic index can cause a spike in blood sugar. Cooked carrots have a higher glycemic index than raw, but because the carbohydrate content in carrots is relatively low, the overall glycemic load is low—meaning that the spike won't be as great as if you were to eat a baked potato, for example.

## Recipes

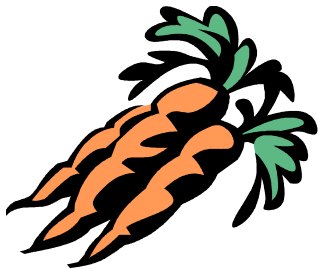
### Maple-Glazed Carrots with Sea Salt (“Carrot Candy”)

#### Ingredients:

1 lb carrots (~4 large carrots, or ~8 medium/Meadow’s Mirth Farm carrots)  
~2 TBSP maple syrup  
1 TBSP butter + 1 TBSP olive oil (or 2 TBSP butter *or* oil)  
Sea salt to taste

#### Directions:

Clean carrots and slice on a bias, ~1/8-1/4 inch thick. Heat butter and oil over medium heat. Add carrots and sauté until tender, but still al dente (~5-8 min.). Add maple syrup and continue to sauté another 2-3 minutes, stirring often. Add salt to taste and serve warm.



### Raw Sweet Carrot Salad

#### Salad Ingredients:

3-4 large (6-8 medium) carrots, shredded  
2 small radishes, shredded or thinly sliced  
2 small white turnips, shredded or thinly sliced  
1 med-large apple, thinly sliced  
\*optional: ~1/3 cup toasted walnuts

#### Dressing ingredients:

juice from 1 lemon  
2-3 tsp extra virgin olive oil  
~1 tsp apple cider vinegar  
~2 tsp raw local honey  
salt and pepper, to taste

#### Directions:

To make your salad, simply shred your carrots and shred, or cut into very thinly sliced, bite-sized pieces, your radishes, turnips, and apple. Combine all the veggies/fruit in a bowl. Mix dressing (whisk) in a separate bowl. Dress veggies, chill, and garnish with walnuts before serving.

## Carrot Orzo

(from [\*The Bon Appetit Fast Easy Fresh Cookbook\*](#), Barbara Fairchild)

### Ingredients:

6 ounces carrots (~2 large carrots)  
2 tablespoons butter  
1 cup orzo  
1 ½ cups water  
1 ¼ cups low-salt chicken broth  
1 garlic clove, minced  
¼ cup freshly grated parmesan cheese  
2 tablespoons chopped green onions  
1 teaspoon minced fresh rosemary (or your favorite fresh herb)

### Directions:

Place carrots in a processor and pulse. Melt butter in heavy saucepan over medium heat. Add orzo and carrots to pan. Sauté until orzo is golden, about 5 minutes. Add 1 ½ cups water, broth, and garlic and cook uncovered over medium heat until all liquid is absorbed, stirring frequently. Stir in parmesan, green onions and herbs. Season to taste with salt and pepper.

## Carrot Salad with Cumin

(from [\*How to Cook Everything\*](#), Mark Bittman)

### Ingredients:

1 ½ pounds carrot, grated  
Juice of 2 oranges  
Juice of 1 lemon  
2 tablespoons extra virgin olive oil  
1 teaspoon ground cumin  
Salt and pepper

### Directions:

Shred carrots in a food processor. Whisk together the juices, olive oil and cumin. Sprinkle with salt and pepper and pour the dressing over the carrots. Toss, taste, adjust seasoning and serve.

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This document from Jennifer & Erin is available at:

<http://tinyurl.com/carrot-creativity>

Get more carrot information from the Center for Nutrition, Diet, and Health at:

<http://tinyurl.com/carrot-extras>