

Carrots



Add orange to every meal!

Saludable

Bajo en calorías

Why are Carrots so good to eat?

- * Naturally sugary, delicious and crunchy - and low in calories. Inexpensive and easy to prepare.
- * **Always fresh picked - try orange, yellow, red, and purple varieties!**
- * **Make raw carrot snacks a delicious kid friendly treat! Bring children into the kitchen. Make carrot raisin salad, carrot breads and muffins. Teach children to add veggies to their meals/snacks!**
- * **Like crunch but can't chew? Grate carrots into all types of salads. Top sandwiches. Add to tuna fish, wraps and paninis.**
- * **Add orange to every meal! Carrots cook well with almost every vegetable so add them to all your favorite dishes.**
- * **For a quick cook, grate carrots into soups, sautéés, casseroles.**
- * **Don't peel. Just scrub and carrots are ready for anything.**
- * **Try grilling or roasting carrots.**
- * **Carrot tops are edible so use them in your next soup stock!**

How do I make carrot raisin salad?

6 medium carrots grated

$\frac{3}{4}$ cup raisins

$\frac{1}{2}$ cup of non-fat or

low-fat vanilla yogurt

1 tablespoon orange juice

Rinse and scrub carrots with a vegetable brush.

Shred carrots using a grater.

In a large bowl, mix all ingredients together well.

Chill and serve.

(Try adding nuts, cranberries... be inventive!)

Carrots have no cholesterol and fat. 1/2 cup of fresh carrots is about 25 calories and contains about 45 mg of salt and 2 grams of dietary fiber. Their sweetness comes from 3 grams of natural sugars per 1/2 cup.

Good source of vitamins and minerals: one serving (1/2 cup) of carrots provides 210% of percent daily value for Vitamin A; 2% calcium; 6 % vitamin C and 2% iron.