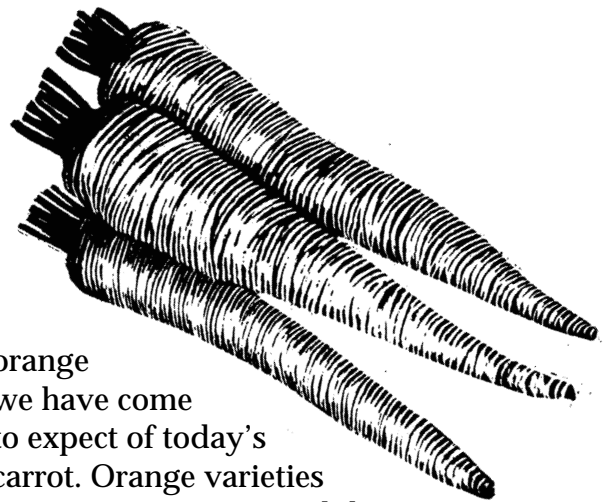


# Carrots



Carrots need little introduction, but deserve a few words. As a favorite vegetable in households across the country, they are particularly loved by children. And since they are an excellent

source of vitamin A, they make a great choice anytime.

Carrots have been cultivated for over 2,000 years. Early varieties of carrots were actually purple and pale yellow in color, not the bright

orange we have come to expect of today's carrot. Orange varieties began to appear around the 1600s, not long before they were brought to the U.S. Around 1629, the first carrots arrived in New England.

## Roasted Rooties

Makes 4 servings *Alicia Brelford, Putney*

### Ingredients:

- 2 beets
- 2 carrots
- 2 potatoes
- 1 sweet potato
- 1 onion
- 4 cloves garlic, chopped
- 2 Tablespoons olive oil
- 1 Tablespoon Balsamic vinegar or lemon juice
- 1 teaspoon soy sauce

### Directions:

1. Preheat oven to 400 degrees F.
2. Rinse and chop the beets, carrots, potatoes, sweet potato, and onion into bite-sized pieces.
3. Place the vegetables in a baking pan.
4. Add chopped garlic, oil, vinegar, and soy sauce.
5. Mix thoroughly.
6. Cover pan with tin foil and bake for 30 to 40 minutes, or until tender.
7. Remove foil and roast in broiler for an additional 5 to 7 minutes, until lightly browned.
8. Serve with brown rice.

Nutrient analysis does not include rice.

Comments: *This recipe is flexible and may include cubed tofu or broccoli as well.*

## Nutrition Facts

Serving Size 1 Serving (235g)  
Servings Per Container 4

Amount Per Serving

**Calories** 250 **Calories from Fat** 60

% Daily Value\*

**Total Fat** 7g **11%**

Saturated Fat 1g **5%**

**Cholesterol** 0mg **0%**

**Sodium** 130mg **5%**

**Total Carbohydrate** 43g **14%**

Dietary Fiber 5g **20%**

Sugars 9g

**Protein** 4g

Vitamin A 160% • Vitamin C 45%

Calcium 4% • Iron 10%

\* Percent Daily Values are based on a 2,000 calorie diet.

## Tips

- Carrots can last 2 to 4 weeks if stored properly. Remove the green tops and store unwashed in the refrigerator in a plastic container.
- Carrots can be cleaned by scrubbing with a vegetable brush to remove dirt.

## Complementary Herbs

basil  
chives  
mint  
parsley

## Indian Vegetable Dish

Makes 4 to 6 servings      *Jamie Coulter, Guilford*

### Ingredients:

- 3 teaspoons coriander
- 1 teaspoon mustard seed
- 2 onions, chopped
- 2 cups mushrooms, chopped
- 2 carrots, peeled and chopped
- 2 Tablespoons ghee\* (if you don't have ghee, you can use canola oil)
- 1 potato, peeled and cut into small pieces
- 2 teaspoons cumin
- 2 tomatoes
- Pepper to taste
- Cayenne to taste
- 1 teaspoon turmeric



### Directions:

1. Heat butter or oil in a skillet to just smoking (medium heat).
2. Add turmeric and stir for 10 seconds or so to roast, but not burn.
3. Add cumin, coriander, and mustard seeds one at a time, stirring to incorporate and roast.
4. Continue to cook until mustard seeds start to "pop," adding more oil if mixture becomes "cakey."
5. Add onion as soon as mustard seeds "pop."
6. Cook for several minutes, until onions become soft.
7. Add mushrooms and the rest of the vegetables one by one, cooking each one down before adding the next.
8. Cover to preserve moisture, but stir often to prevent sticking and burning (depending on how high the heat is).
9. Cook until vegetables are tender.
10. Add pepper and cayenne pepper to taste toward the end of the cooking time.  
If you add too much cayenne pepper, simmer a bit longer to reduce the spiciness.

*Comments: You can substitute any vegetables for the ones listed. I like adding okra, or substituting rutabaga for potato, or mustard greens for spinach. Serve with rice (basmati is best).*

\*Ghee or clarified butter, as it is sometimes called, is simply butter with some of the milk solids removed. Because it has had the milk solids removed, it does not burn at as low a temperature as regular butter. Nutritionally, it is no different than regular butter.

Nutrient analysis includes 1/2 cup brown rice.

## Nutrition Facts

Serving Size 1 Serving (257g)  
Servings Per Container 6

### Amount Per Serving

**Calories** 220      **Calories from Fat** 50

% Daily Value\*

<b>Total Fat</b>	6g	<b>9 %</b>
Saturated Fat	3g	<b>15 %</b>
<b>Cholesterol</b>	10mg	<b>3 %</b>
<b>Sodium</b>	65mg	<b>3 %</b>
<b>Total Carbohydrate</b>	37g	<b>12 %</b>
Dietary Fiber	5g	<b>20 %</b>
Sugars	5g	

**Protein** 5g

Vitamin A 70%      • Vitamin C 25%  
Calcium 4%      • Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet.