



Carrots

A root vegetable originally from the Middle East and central Asia. Carrots may be either long or rounded depending on the variety. They can be orange, white, yellow, red, purple or black.

Buying

Choose: firm, colorful carrots with stiff, well-colored tops (stalks and leaves).

Serving Ideas

Raw carrots are eaten plain, in salads, and as a horse d'oeuvre, or used in cake and cookie batters. Cooked carrots are prepared a la jardinière (cut into chunks and cooked with other garden vegetables), glazed or pureed with butter or cream. They are used in soups, stews, quiches, soufflés and omelettes.

Nutritional Information

Per 3.5 oz/100g	raw	cooked
Water	87.8%	87.4%
Protein	0.9g	1.2g
Fat	0.1g	0.1g
Carbohydrates	3.2g	10.5g
Fiber	3.2g	1.9g
Calories	43	45

Preparing

Wash or brush the carrots, peel if older. Remove the bitter green part near the stems. Cut into sticks, rounds, chunks, or julienne strips or dice, slice or grate.

Excellent Source: vitamin A (raw and cooked) and potassium (raw).

Good Source (cooked): potassium.

Contains: vitamin C and thiamine (raw), copper (cooked), vitamin B, folic acid and magnesium (raw and cooked).

Properties: diuretic, mineralizing, anthelmintic, antidarrheal, tonic and antianemic. Carrots play a role in maintaining good eyesight.

Storing

At room temperature: place carrots in a dark, cool, humid, and well-ventilated environment. Do not store carrots near vegetables that emit a lot of ethylene gas, such as pears, apples or potatoes (which speeds up ripening).

In the fridge: 1-3 weeks, in a loosely closed or perforated plastic bag.

In the freezer: 1 year. Blanch whole carrots 5 min. or cut carrots 3 min.