

Carrots



SEASONALITY



NUTRITIONAL PROPERTIES

Carrots are a fantastic source of vitamin A. They are a starchy vegetable, so they are a bit higher in carbohydrate than many other vegetables. Carrots are high in fiber, vitamin C, and potassium.

STORAGE

Store in a plastic bag within the refrigerator. Lasts 2-6 months.

PRESERVATION

Carrots can be preserved by freezing, drying, or pickling. It's not recommended to can carrots or any other tuber vegetables using the water bath method.

HOW TO PREPARE

1. Preheat the oven to 425 ° F.
2. Rinse the carrots.
3. Cut the carrots in slices or chunks.
4. Place on baking tray and lightly oil.
5. Sprinkle with spices, salt, pepper.
6. Roast for 20 minutes, flip, and roast for another 15-20 minutes.

Roasted carrots can be added to fall salads, soups, and stews.

Raw carrots can be eaten as a delicious snack or added to salads.

RECIPES FROM HDFFA

with carrots

- Tuna Cakes and Roasted Root Vegetables
- Add carrots to holiday Roasted Squash

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