



# Local PICK OF THE MONTH

February 2022

## Revitalizing Rainbow Carrots

### Recipe

#### Roasted Rainbow Carrots

##### Ingredients

- 1/2 pound rainbow carrots, cut in half lengthwise
- 2 large cloves garlic, chopped
- 1/2 tablespoon fresh parsley, chopped
- 1 tablespoon salted butter, cubed
- Salt and pepper to taste

##### Directions

1. Preheat oven to 400 degrees. Line baking sheet with aluminum foil.
2. Place carrots in the center of baking sheet.
3. Top carrots with garlic and parsley. Place butter cubes on top and season with salt and pepper to taste.
4. Bake until carrots are soft, about 25 minutes.

Yields 2 servings.

##### **Nutrition information per serving:**

98 calories, 11 g carbohydrate, 6 g fat, 207 mg sodium, 1 g protein, 3.4 g fiber

Recipe adapted from [allrecipes.com](http://allrecipes.com)

#### What's so great about carrots?

- Carrots are low-calorie with no fat or cholesterol.
- They're a good source of vitamin C.
- They come in orange, white, red, yellow and purple varieties.
- Dark orange carrots are high in the antioxidant Beta-carotene which helps to promote eyesight and skin growth.



#### What's the best way to eat carrots?

- Add them to stews, soups, casseroles or stir fries.
- Eat them as a snack with hummus or peanut butter.
- Roast them with olive oil, chili powder and cumin.
- Steam with dill, tarragon, parsley or lemon juice.

### Selection and preparation

#### Selection

Choose carrots that are well-formed and smooth, with no visible blemishes.

#### Storage

Store carrots with tops removed, in a plastic bag in the crisper in your refrigerator for up to two weeks.

#### Preparation

Wash with a scrub brush to remove dirt right before eating.

#### Cooking

Carrots can be roasted, steamed, sautéed, baked or eaten raw.



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