

Carrot



Selecting

The carrot is simple root vegetable, usually conical or cylindrical in shape, available in 2-inch baby size and larger. Though orange is the most common carrot colour, some varieties are yellow, white and purple.

Choose long, narrow carrots that are firm and smooth. If there are greens attached, the carrots are probably freshly harvested. Also check for green near the top of the carrot. If present, this means that carrot may be bitter. Avoid carrots that are bendable, have cracks or look wrinkled.

Storing

If you are buying carrots with greens attached, remove them before refrigerating and store carrots in a perforated plastic bag in the crisper. Keep separate from apples since the ethylene gas from the apples will make the carrots bitter.

Eating

Carrots are eaten raw most often, but can be cooked by steaming, sautéing, stir-frying, braising, roasting or microwaving.

Carrots are an excellent addition to many types of recipes: grate carrots into a salad; add them

spaghetti sauce; cook them in a casserole. Shred them and add to cakes, muffins or cookies... or just steam the carrots and eat them with some spices.

Seasonality

Carrots are available all year long.

Nutrition

A medium raw carrot has only 25 calories. Carrots are very high in beta carotene which the body converts to Vitamin A. Beta carotene is a powerful antioxidant that helps protect against some types of cancer, and is important for your eyes, helping to prevent macular degeneration and cataracts.



Here is a great recipe for Roasted Carrot Dip
www.halfyourplate.ca/recipe/baked-herb-pita-crisps-with-roasted-carrot-dip/

