

HARVEST for HEALTH



It's CARROT!

Carrot Facts

- “Baby” carrots that are purchased pre-bagged from the grocery store are not really baby carrots at all. Instead, regular sized carrots are processed in a way that cuts the carrots into small, uniform sizes and rounds off their tops and bottoms.
- Contrary to popular belief (and one very popular cartoon character), wild rabbits do not eat carrots.
- The average person eats 11.7 pounds of carrots each year.

Did You Know?

The original variety of carrot was purple in color. Today there are over 100 varieties of carrots in all shapes, sizes and colors, including many shades of orange, white, yellow, red and purple.

Nutritional Value

Carrots are sometimes called the “king of vegetables” due to their high nutritional content. At 52 calories a cup, raw carrots provide a good source of fiber, Vitamin C, and Vitamin K, and are the richest source of pro-vitamin A carotenes (beta carotene) of any vegetable. These antioxidant compounds help protect against cardio-vascular disease and cancer. And the eyes love them. Beta carotene helps protect against macular degeneration and the development of cataracts. It also promotes good vision, especially night vision.

Storage

Carrots are hardy and will keep longer than many veggies if stored properly, which means minimizing the amount of moisture they lose. Store in the coolest part of the refrigerator in a plastic bag. Remove any green tops before storing as the greens remove moisture from the carrot root.

How to Prepare

To peel or not? Peeling is appropriate except if the carrots are grown organically. In that case simply scrub carrots gently with a vegetable brush and water just before eating. Cut off any green on the stem end or the carrots will be bitter. Carrots are one of the few vegetables that benefit from cooking as it breaks down the vegetable fiber, making the beta-carotene more accessible. It also breaks down the carrot's sugar, making them taste sweeter. Take care not to overcook carrots, however, to ensure that they retain their maximum flavor and nutritional content.

Carrot Equivalents:

- 1 medium bunch of carrots = 1 pound
- 1 large bunch of carrots = 1-1/4 pounds
- 1 large carrot = 1 cup shredded carrots

Add More Carrots to Your Life

- Carrots are a perfect snack, anytime. Try them dipped in low-fat ranch, with a little peanut butter, or just plain and sweet!
- Shredded raw carrots are a colorful and healthful addition to any green salad.
- Add grated carrots to low-fat cream cheese for a sandwich spread.
- For a breakfast shake, combine freshly squeezed carrot juice with soymilk and bananas and blend until smooth.
- Add grated carrots to sandwiches along with lettuce and/or tomatoes.
- Combine shredded carrots, beets and apples to make a salad.
- Carrots can be added to soups, casseroles, even pasta sauce to boost nutrition and flavor.
- Make garnishes of carrot ribbons using a vegetable peeler.



Ginger Carrot Soup

- 1 Tbl. olive oil
- 2 large yellow onions, chopped
- 1 lb. fresh carrots, cut in chunks
- 2 c. low-fat chicken broth
- 3 Tbl. fresh ginger
- 1 tsp. cinnamon
- 1-1/2 cups orange juice
- 1/2 cup fat-free half-and-half
- Chives for garnish

In a large pot, sauté onions in olive oil until soft. Add carrots, broth, ginger and cinnamon. Simmer until carrots are thoroughly cooked, 30-40 minutes. Puree with stick blender in pot, or transfer to a blender or food processor and process until smooth, being careful since the soup will be hot. Stir in juice and half-and-half. Serve warm or chilled, garnished with snippets of chives.
Serves 6. 127 calories, 3.5g protein; 22.7g carbs; 3.5g fiber; 2.6g fat; 3 mg cholesterol; 200mg sodium. Recipe from www.allrecipes.com

Apple Carrot Salad

- 4 large carrots, shredded
- 1 medium tart apple, chopped
- 1/3 cup raisins
- 1/4 cup plain non-fat yogurt
- 1/4 cup fat-free mayonnaise
- 2 tsp. Dijon mustard
- 2 tsp. lemon juice
- 1/8 tsp. pepper
- 1 Tbl. honey

Combine carrots, apple and raisins. In a small bowl, combine remaining ingredients. Pour over carrot mixture and toss to coat.

Serves 8. 60 calories; 1g protein, 60g carbs; .2g fat; 2 g fiber; less than 100 mg sodium.
Recipe from www.allrecipes.com



Low-Fat Carrot Cake w/Cream Cheese Frosting

Cake:

- 3/4 cup applesauce
- 5 cups shredded carrots (about 1 lb)
- 3/4 c. sugar
- 3/4 c. packed dark brown sugar
- 1/2 c. butter, softened
- 1 tsp. vanilla extract
- 1 tsp. coconut extract
- 2 large eggs plus 2 egg whites
- 2 cups all-purpose flour (can substitute white whole-wheat flour)
- 2 tsp. baking powder
- 1 tsp. baking soda
- 1/2 tsp. ground nutmeg
- 1/2 tsp. ground cinnamon
- 1/4 tsp. salt (can omit)
- 1 cup golden raisins
- Cooking spray

1. Drain applesauce in a sieve, discard liquid.

2. Combine carrots & granular sugar in a colander to drain.
3. Using a mixer, beat brown sugar and butter until well blended. Add applesauce, vanilla and coconut extracts. Add eggs and egg whites one at a time, beating well.
4. Combine flour and next 5 ingredients; mix well. Add brown sugar mixture stirring until just moist. Fold in carrot mixture & raisins (batter will be very thick.)
5. Spoon batter into a 9x13" baking pan coated with cooking spray. Bake 350 degrees for 40 minutes. Test cake for doneness with a toothpick.

Frosting:

- 4 cups powdered sugar
- 2 tsp. vanilla extract
- 8 oz. block fat-free cream cheese
- 8 oz. block 1/3-less fat cream cheese

1. Beat powdered sugar, vanilla and cream cheese with a mixer at low speed until just blended.

Spread frosting over cooled cake and chill 1 hour.

Serves 20. 322 calories per serving; 5.6g protein; 58g carbs; 8g fat; 325 mg sodium; 1.7g fiber.

Recipe from www.cookinglight.com

Resources

Remember to look for low-fat recipes, or substitute high-fat ingredients with low-fat options.

Carrot Recipes & Tips

- www.cookinglight.com
- www.allrecipes.com
- www.eatingwell.com
- www.whfoods.com

Cancer/Nutrition Websites

- www.cancerproject.org
- www.aicr.org
- www.cancer.net

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www.bendcancer.org & www.defeatcancer.info

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