

# Carrots

## Root Vegetable with Beta Carotene and Fiber!



### Carrot Ribbon Salad

*New version of copper pennies!*

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|--|------------------------------------|
| 6 Tbsp. your choice mayonnaise or salad dressing | ¾ tsp. black pepper                |
| 2 tsp. finely shredded lemon peel                | 3 pounds carrots                   |
| 5 Tbsp. lemon juice                              | ½ cup raisins                      |
| 1 Tbsp. sugar                                    | 1 small bunch green onions, sliced |
| ½ tsp. salt, or less to taste                    |                                    |

For dressing, mix together the first six ingredients. Using a vegetable peeler, shave carrots into ribbons. Toss carrots with dressing, raising, and green onions. Season with salt to taste. Let stand 10 minutes. Toss frequently when serving to distribute dressing. Salad can be covered and child up to 4 hours before serving. Makes 10 servings.

### Pepper Jelly-Glazed Carrots

- 2 pounds carrots, peeled
- 1 (10 ½ ounce) can condensed chicken broth, undiluted
- 1 (10 ½ ounce) jar red pepper jelly
- 2 Tbsp. butter

Cut carrots into quarters lengthwise. Bring carrots and chicken broth to a boil in a skillet over medium-high heat, and cook, stirring often, 6-8 minutes or until carrots are crisp-tender and broth is reduced to ¼ cup. Stir in pepper jelly and butter, and cook, stirring constantly, 5 minutes or until mixture thickens and carrots are glazed. Transfer to a serving dish, using a slotted spoon. Pour half of pan juices over carrots; discard remaining pan juices. Makes 6 servings.

### Sweet Curry Carrots with Chive Yogurt

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|---------------------------------------|------------------------------------|
| 1 ½ pounds carrots with tops, trimmed | 1Tbsp. curry powder                |
| 1 Tbsp. extra-virgin olive oil        | 2/3 cup plain low-fat Greek yogurt |
| ½ tsp. salt                           | ¼ cup snipped fresh chives         |
| 3 Tbsp. honey                         |                                    |

Preheat oven to 425F. Scrub carrots and peel, if desired. Halve large carrots lengthwise. Line a 15x10x1 inch baking pan with foil. Toss carrots with olive oil. Evenly spread carrots in prepared pan. Sprinkle with ¼ tsp. salt. Roast carrots for 15 minutes. Meanwhile, in small microwave-safe bowl warm honey in microwave for 30 seconds. Whisk in curry powder; set aside. Remove carrots from oven. Drizzle with honey mixture; toss to coat. Roast 10 minutes longer, turning occasionally, until carrots are glazed and tender when pierced with a fork. Transfer to serving platter. For chive yogurt: combine yogurt, chives and ¼ tsp salt. Serve with carrots. Makes 6-8 servings.

## Maple Dill Carrots

3 cups peeled and sliced carrots  
2 tablespoons butter  
2 tablespoons brown sugar

1 ½ tablespoons chopped fresh dill  
½ teaspoon salt  
½ teaspoon black pepper

Place carrots in a skillet and pour in just enough water to cover. Bring to a boil over medium heat; simmer until water has evaporated and the carrots are tender. Stir in butter, brown sugar, dill, salt, and pepper. Makes 4 side servings.

## Flavorful Pork Chops with Classy Carrots

*For pork chops:*

4 bone-in pork loin chops, (8 oz. each)  
½ tsp. salt  
¼ tsp pepper  
1 Tbsp. olive oil  
¼ cup sliced onion  
2 garlic cloves, minced  
½ cup Worcestershire sauce  
3 Tbsp. honey  
1 Tbsp. Dijon mustard

Sprinkle pork chops with salt and pepper. In a large skillet, brown chops in oil. Remove and keep warm. In the same skillet, sauté onion until tender. Add garlic; cook 1 minute longer. Add the Worcestershire sauce, honey and mustard to the skillet; stirring to loosen browned bits from pan. Bring to a boil. Return chops to the pan. Reduce heat; cover and simmer for 15-20 minutes or until tender. Makes 4 servings.

*For carrots:*

1 pound carrots  
2 Tbsp. water  
2 green onions, thinly sliced  
2 Tbsp. butter, cubed  
½ tsp. dried oregano  
¼ tsp. garlic powder  
¼ tsp. pepper  
2 Tbsp. chopped pecans, toasted

Place carrots and water in a large microwave-safe bowl. Cover and microwave on high for 5 minutes. Stir in the onions, butter, oregano, garlic and pepper. Cover and cook 2-3 minutes longer or until carrots are crisp-tender. Sprinkle with pecans. Makes 4 servings.

## Power Gold Smoothie

2 ¼ cups chopped or grated carrots\*  
1 ½ cups pineapple juice  
1 cup fresh orange juice

2 tsp. honey  
3 to 4 ice cubes  
½ cup vanilla low-fat yogurt

Place only chopped or grated carrots in blender and turn on HIGH. Through lid, slowly drizzle in about 2 to 3 tablespoons of the pineapple juice, allowing the carrots to be pureed until smooth. Slowly pour in remaining juice with honey. Allow to blend until smooth and somewhat frothy; then with blender on HIGH, add ice cubes. Blend until ice cubes are blended smooth. Stop blender, add yogurt, return lid and blend until thoroughly mixed. Pour into chilled glasses and enjoy a great taste with power and energy.

**\*Chef's Note:** If a smoother consistency is desired, microwave the grated carrot with 1 tablespoon of water in a covered microwave dish on high for 2 to 3 minutes. Proceed as directed above.

Source: [fruitsandveggiesmorematters.org](http://fruitsandveggiesmorematters.org)