

## CARROT

### Types

Orange, purple, white

### Selection Info

Carrots should be firm, evenly shaped, and smooth with a bright skin color. Avoid carrots that are cracked, rough, shriveled, or green at the top.

### Preparation

Peel carrots or scrub well with a brush to remove dirt.

**Raw:** shred carrots with a box grater or food processor and add to salads or pastas. Slice or cut into long sticks by cutting across into the length of desired sticks, then make cut lengthwise through the middle of the carrot. Lay each half flat side down on a cutting board and continue to make cuts lengthwise to finish the sticks. Top salads with shredded carrots or add to your favorite sandwich or wrap.

**Sauté:** Cut carrots into rounds about 1/2 inch thick. Cook over medium heat in a skillet with salt and 1-2 tablespoons of butter or oil. Add maple syrup and 2 tablespoons of water and cook until tender.

**Stir Fry:** Sauté rounds or sticks with other vegetables in 1-2 tablespoons of olive oil or butter. Note: carrots

take longer to sauté or stir-fry than many other vegetables like peppers, zucchini, onions, eggplant, or celery. So, if you are making a stir-fry, add the carrots first and allow them to cook a few minutes before adding the rest of the vegetables.

**Boil:** Cut carrots into rounds and boil for 5-7 minutes.

Microwave: using a microwave-safe bowl, add a 1/4 cup of water to the bottom, cover and cook for about 5-6 minutes or until tender.

**Roast:** Carrots can be baked or roasted by slicing and placing on baking sheet with cooking spray for about 25-30 minutes at 400°F.

### Storage

**Short-Term Storage:** Remove the stems and leaves (if still attached) and place carrots in a plastic bag with a damp paper towel. Store in the refrigerator up to 2 weeks. Discard if they become soft or slimy. Baby carrots and large carrots are stored the same way; however, baby carrots will not last as long in the refrigerator.

**Long-Term Storage:** Store unwashed in a cool damp place (like a cellar or cold room). Cut off stems and leaves and pack in damp cloths. Use within a few months. Carrots can be frozen, canned, pickled, dried, fermented like sauerkraut, or frozen.



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## CHICKEN VEGETABLE SOUP WITH KALE

### Ingredients

2 teaspoons vegetable oil  
1/2 cup onion (chopped)  
1/2 cup carrot (chopped)  
1 teaspoon thyme (ground)  
2 garlic clove (minced)  
2 cups water or chicken broth  
3/4 cup tomatoes (diced)  
1 cup cooked chicken (skinned and cubed)  
1/2 cup cooked brown (or white) rice  
1 cup kale (chopped, about one large leaf)



Learn more about CARROT by scanning the QR code above or by visiting <https://extension.purdue.edu/foodlink/food.php?food=carrot>.

 Share your recipes!

### Directions

1. Cook and cut up chicken; cook rice.
2. Heat oil in a medium sauce pan, then add onion and carrot. Saute until they are tender (5-8 minutes).
3. Add thyme and garlic. Saute for one more minute.
4. Add water or broth, tomatoes, cooked rice, chicken, and kale.
5. Simmer for 5-10 minutes, and serve.

Nutrition Information	
Serving Size	1/3 of recipe
Nutrients	Amount
Total Calories	180
Protein	17g
Carbohydrates	16g
Dietary Fiber	3g
Total Fat	5g
Saturated Fat	1g
Cholesterol	40mg
Sodium	85mg




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