



# Carrots

## 3 Prep and cooking tips

- When ready to cook, scrub raw carrots under cold water. Trim carrots by cutting off about a 1/2 inch from the top and bottom. Using a small knife or peeler, peel the outer surface of the carrot.
- Carrots can be eaten raw or cooked. They can be boiled, roasted, grilled, steamed, sautéed.
- Add salt, pepper, olive oil, garlic, and other spices to raw carrots. Then roast them in the oven for an easy side dish.

## 2 Shopping and storage

- Carrots can be stored in the refrigerator for up to one month. To prevent rotting, wrap the carrots in a paper towel and place them in a bag in the refrigerator.
- Do not wash carrots until ready to cook.

## 1 Nutrition Fact:

- Vitamin A is good for our eyes and helps maintain good vision.

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