

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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YUMMY EGGPLANT LASAGNA ROLLS

Ingredients

6 whole-grain lasagna sheets
1 tablespoon salt plus 1/4 teaspoon (divided)
1/4 cup olive oil
1 small onion (diced)
2 cloves garlic (finely chopped)
1/4 cup water
2 small eggplants (peeled and diced)
2 small carrots (diced)
1 red sweet pepper (seeded and diced)
18 black olives (pitted and finely chopped)
1 tablespoon fresh cilantro leaves (finely chopped)
1 cup shredded low-fat mozzarella cheese (divided)
3/4 cup tomato sauce



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. Heat oven to 350°F.
2. Bring a large pot of water to a boil, add 1 tablespoon of the salt. Then add lasagna sheets. Cook until lasagna is tender (about 7 minutes). Drain, and allow the lasagna cool on a flat surface.
3. Meanwhile, in a large sauté pan over moderate heat, warm the olive oil. Add the onion, garlic, water, eggplants, carrots, sweet pepper, olives, cilantro, and 1/4 teaspoon salt. Cook until the vegetables are tender (about 8 minutes). Stir occasionally.
4. On a work surface, spread about 2 tablespoons of the eggplant filling over each lasagna noodle. Using about half of the total amount, divide the cheese among the lasagna noodles. Starting with the edge closest to you, roll each lasagna noodle tightly then secure with a toothpick.
5. Place the lasagna rolls in a large baking dish and cover each one with some tomato sauce and the reserved cheese.
6. Bake until the cheese is golden (15-20 minutes).

Nutrition Information

Serving Size 1/6 of recipe

Nutrients	Amount
Total Calories	371
Protein	15g
Carbohydrates	45g
Dietary Fiber	6g
Total Fat	16g
Saturated Fat	4g
Cholesterol	11g
Sodium	619mg

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