

# Fruit & Vege Co-op



## Carrots

STORAGE	PREPARATION
Refrigerate in plastic bags or loose in the vegetable drawer.	<ul style="list-style-type: none"><li>- Scrub to remove dirt and cut off ends.</li><li>- Dice or slice into rings or matchsticks.</li></ul>
ADD FLAVOUR	VEGE UP
<ul style="list-style-type: none"><li>- Sprinkle with dried or fresh herbs.</li><li>- Glaze cooked carrot by combining ½ Tbsp brown sugar, 1 Tbsp margarine and 1 tsp lemon rind.</li><li>- Roast carrots with other vegetables such as potato and kumara and a small amount of oil to add to a hot or cold roast vegetable salad.</li></ul>	<ul style="list-style-type: none"><li>- Grate carrot into all mince dishes (bolognese, meatballs, meat loaf, hamburgers).</li><li>- Dice into casseroles, stews or stir-fries.</li><li>- Use as a vegetable stick with low fat dips such as hummus.</li><li>- Add to sandwiches and slice into matchsticks to keep in the fridge for school lunches and quick snacks.</li></ul>
COOKING	
<ul style="list-style-type: none"><li>- Boil in boiling water, covered for 5-10 minutes or until just tender.</li><li>- Steam over boiling water for 10 minutes until just tender.</li><li>- Microwave in a covered container with a little water (about 2 Tbsp) on high for 5-6 minutes.</li></ul>	
RECIPE: Lemon and Orange Carrots (Serves 8) <i>Adapted from Keep Calm and Veg(itarian)</i>	
<p>1kg carrots, scrubbed or peeled and cut into long sticks ⅔ cup orange juice (freshly squeezed or from a bottle or carton) Juice of 2 lemons ⅓ cup white vinegar 4 Tbsp butter 3 Tbsp brown sugar ¼ cup freshly chopped coriander or parsley to garnish</p> <ol style="list-style-type: none"><li>1. Put the carrots, orange and lemon juices, vinegar, butter, and sugar into a saucepan. Cover and bring to a boil.</li><li>2. Remove the lid and cook for about 10 minutes until almost all the liquid has evaporated. Serve sprinkled with the coriander or parsley.</li></ol>	
<b>Variations</b> <ul style="list-style-type: none"><li>- Use your favourite herb or spice in place of the coriander or parsley.</li><li>- Sprinkle with grated cheese and bacon and place under the grill for a more hearty meal.</li><li>- Serve with baked potatoes filled with mince for an evening dinner.</li></ul>	

All recipes are available on our website by visiting [www.rph.org.nz](http://www.rph.org.nz) > Nutrition > Fruit and Vege Co-op

