

Fruit & Vege Co-op



Carrots

STORAGE	PREPARATION
Refrigerate in plastic bags or loose in the vegetable drawer	Scrub to remove dirt and cut off ends Dice or slice into rings or matchsticks
ADD FLAVOUR	VEGE UP
<ul style="list-style-type: none">- Sprinkle with dried or fresh herbs- Glaze cooked carrot by combining ½ Tbsp brown sugar, 1 Tbsp margarine and 1 tsp lemon rind- 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	<ul style="list-style-type: none">- Grate carrot into all mince dishes (bolognise, meatballs, meat loaf, hamburgers)- Dice into casseroles, stews or stir-frys- Use as a vegetable stick with low fat dips such as hummus- Add to sandwiches and slice into match sticks to keep in the fridge for school lunches and quick snacks
COOKING	
<ul style="list-style-type: none">- Boil in boiling water, covered for 5-10 minutes or until just tender- Steam over boiling water for 10 minutes until just tender- Microwave in a covered container with a little water (about 2 Tbsp) on high for 5-6 minutes	
RECIPE: Moroccan Carrot Salad (Serves 4)	Source: Heart Foundation Vegetable Cookbook
<p>2 large carrot, grated 2 4 Tbsp lemon juice 2 tsp cumin 2 tsp paprika 1 tsp cinnamon 2 Tbsp vegetable oil</p> <p>Method</p> <ol style="list-style-type: none">1. Put grated carrots in a bowl.2. Whisk together all the other ingredients and toss with the carrots.3. Allow to sit for half an hour before serving for flavours to blend. <p>Suggestions</p> <ul style="list-style-type: none">- Serve with fresh crusty bread and cold meat- Take to a BBQ or picnic- Serve with baked chicken pieces and a potato salad	

All recipes are available on our website by visiting www.rph.org.nz > Nutrition > Fruit and Vege Co-op

