

# CARROTS



## HOW TO USE

Cut carrots and a mixture of other vegetables, steam them together until they are tender, then sprinkle them with lemon juice and a pinch of salt; Cut raw carrots into coin-sized pieces and add them to a green salad for a nice crunch; Carrots are also great for dipping!

## HELPS SUPPORT

Immune system, digestion, and vision.

## HOW TO STORE

Remove the green tops and keep carrots in the refrigerator for up to 2 weeks. The green tops can be stored and used, too.

# CARROT CHIPS

Servings: 10

Preparation Time: 25 minutes

## INGREDIENTS

- 1 ½ pounds of carrots (about 8 carrots)
- 2 teaspoons oil
- 1 teaspoon salt or other spices
- Non-stick cooking spray



## INSTRUCTIONS

1. Preheat the oven to 400 degrees Fahrenheit.
2. Lightly grease a baking sheet with non-stick cooking spray.
3. Wash and peel the carrots, then cut them into coin-sized pieces (make sure they are thin).
4. Put the carrots, oil, and spices in a bowl and toss them until the carrots are fully coated.
5. Put the carrots on the baking sheet, and then put them in the oven. Roast them until the carrots are light brown on the bottom, about 12 to 15 minutes.
6. Flip them and roast them on the other side until they are tender, about 5 to 10 minutes.

*Adapted from University of Maine Cooperative Extension, Eat Well Fall 2013 newsletter, p. 3*