



University of Nevada
Cooperative Extension

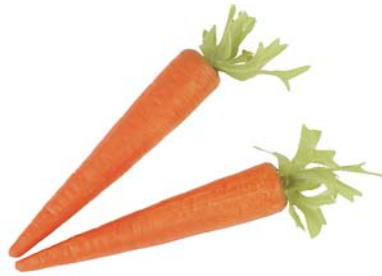
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Factsheet 10-52

THE INCREDIBLE CARROT



Carrots are loaded with beta-carotene, the plant pigment which gives carrots and other vegetables their bright orange color. Beta-carotene, which converts to vitamin A in the body, is an important natural compound which helps keep you healthy.



GLAZED CARROTS

Toss cooked carrots with a squeeze of lemon juice, add a little honey and orange juice, and continue to cook, stirring frequently, until the carrots are coated with a light glaze.

CARROT & RAISIN SUNSHINE SALAD

Wash, peel and shred five to six carrots. In a mixing bowl, combine carrots with 1/2 cup raisins and one 8-ounce carton of low-fat vanilla yogurt. Cover with plastic wrap and refrigerate for 15 minutes. Toss again before serving. Serve on lettuce leaves.



Did You Know?

- Carrots were first grown in Afghanistan and nearby regions. Chinese, Japanese and Indians are known to have used carrots for food in the 13th century.
- In earlier times, carrots were small red, yellow, or purple roots; the long orange carrot we know today was probably developed in the 1600s.
- If you buy carrots with the tops on, you should cut them off promptly. The tops reduce the quality of the carrot if left on because they draw out the nutrients and the moisture.

ARE THE BABY CARROTS AT THE GROCERY STORE REALLY "BABY" CARROTS?

Not usually. The baby carrots at the store are a variety that ripen faster and grow longer so they can be peeled and cut into pieces.

Whether you eat regular carrots or baby carrots, they are both very high in beta carotene, which has many healthy benefits for your body.

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