

FRUIT/VEGETABLE OF THE MONTH!

SEPTEMBER'S FEATURED VEGGIE IS THE CARROT

CARROT FACTS:

The carrot is a root vegetable. It was first grown in Afghanistan around 900 AD. In the 17th century, western carrots first appeared in the Netherlands. Dutch carrot growers invented the orange carrot in honor of the House of Orange, the Dutch Royal Family.

While orange is its best-known color, carrots also come in shades of purple, yellow, red, and white. They are usually made up of about **88% water**, 7% sugar, 1% protein and 1% fiber.

China is the largest producer of carrots. Respectively, Russia and the US are the 2nd and 3rd highest producers.

The carrot is in the top 10 most economically important vegetable crops worldwide!

Ways to Enjoy Carrots:

- As a snack, eaten raw with or without dip
- In a smoothie or juiced
- In stir-fry
- Glazed
- Shredded in slaw or your favorite salad
- In soups and stews
- In cakes



HEALTH BENEFITS OF EATING CARROTS:

- Carrots are full of antioxidants, including beta-carotene. Beta-carotene is a compound your body changes into vitamin A which helps keep your **eyes** healthy.
- Eating carrots can help your **heart**. The potassium in carrots plays a key role in keeping your **blood pressure** in check. Because carrots have a high water content, they are also good for **weight management**.
- They boost your **immune system**. The vitamin C in carrots helps build antibodies that can prevent infections.
- Carrots can also lower your risk of **cancer**.

RECIPE: EASY SAUTEED CARROTS

Prep Time: 3 minutes
Cook time: 7 minutes
Servings: 4

Ingredients

- 8 medium carrots (1 pound)
- 2 tablespoons olive oil
- 1/4 teaspoon plus 1 pinch kosher salt
- 1 tablespoon chopped thyme (or other herbs)

Directions

1. Peel the carrots. Slice them diagonally
2. Heat the olive oil in a large skillet over medium high heat. Add the carrots and cover. Cook for 4 minutes without stirring.
3. Remove the lid, stir, and add the 1/4 teaspoon salt. Continue to saute uncovered 3 to 4 minutes until browned, stirring occasionally.
4. Remove from the heat and stir in the herbs and a few more pinches of salt to taste.

Thresholds Health Literacy Center



Project funded by NIDILRR/ACL, #90DPHF0001

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