

# Eat Well!

A Newsletter for Healthy Eating

## What's Cooking With Carrots?

By Kathy Savoie, Extension Educator



Fall  
2013

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Carrots are a common orange vegetable enjoyed by both children and adults. Carrots are also a member of the parsley family and were grown in New England as early as the 1600s. Maine-grown carrots are available from July through February.

Most of us remember being told “carrots are good for your eyes” in a parent’s attempt to convince us to eat these colorful vegetables. The deep yellow to deep orange color of carrots indicates that they are an excellent source of carotene, which your body turns into the antioxidant vitamin A. They are also a good source of vitamin C (also an antioxidant) and fiber.

### Selection:

When choosing carrots, choose smooth, well-colored, firm carrots.

Avoid carrots that are wilted, flabby, or cracked, or that have large green areas at the top. Small carrots are more tender than large ones. If you buy carrots with the tops still on, make sure that they are bright green and fresh looking.

### Storage:

Store carrots in a closed plastic bag or container in the refrigerator, and wash carrots just before you prepare them. Carrots will keep well in the refrigerator for up to two weeks. Remove the leafy green tops before storing, because they absorb moisture from the carrots and cause them to shrivel. If carrots do become wilted, they can be re-crisped in cold water.

Source: Adapted from Bulletin #4175, *Vegetables and Fruits for Health: Carrots*, University of Maine Cooperative Extension. 2008.

**Looking for ways to save money on food?** The *Eat Well!* newsletter has always given you great ideas on how to save money on food. Now these ideas are even easier to spot. Look for this picture in the *Eat Well* newsletter to find great tips to save money on food. **SAVE MONEY.**

# Food Bites

## Preparing Carrots By Kathy Savoie, Extension Educator



Carrots are inexpensive! At just \$.18 per ½ cup serving, there are many ways to prepare carrots. Try the four methods below to find your favorite!

<b>RAW</b>	Carrot sticks are a colorful addition to a vegetable platter. Shred or slice carrots to add to a salad. To make raw carrots easier to chew, briefly steam or microwave them until they are tender.
<b>STEAMING</b>	Peel and cut carrots into quarter-inch slices. Steam until crisp-tender (8 to 10 minutes for 2 cups). To steam, bring an inch of water to a boil and place a colander or a collapsible steaming basket in the pot. Put the vegetables in the colander or steamer and cover it tightly. Reduce heat to medium-low, but make sure that the temperature is high enough to keep the water bubbling.
<b>MICROWAVING</b>	Peel and cut carrots into quarter-inch slices and place in a 1-quart covered dish. Add 2 tablespoons of water and microwave. Microwave 2 cups of cut carrots at high power for 3 to 7 minutes. Make sure to stir once during cooking.
<b>ROASTING</b>	Wash and peel carrots and cut into 1 to 1 ½ inch pieces. Toss vegetables with 1 tablespoon of vegetable oil and add your favorite herbs and spices. Place carrots on a lightly greased pan or baking sheet in a single layer. Roast in a 400° F oven until browned on the bottom, about 10 minutes, Stir and roast until tender, about 10 more minutes.



*Carrot Sticks & Dip*



*Steaming Carrots*



*Microwaving Carrots*



*Roasting Carrots*



## Kid's Korner

### Roasted Carrot Chips With Cumin

*A healthy and nutritional snack!*

#### Ingredients:

- 1 ½ pounds of carrots
- 2 teaspoons canola or olive oil
- 1 teaspoon ground cumin
- ¼ teaspoon salt



#### Directions:

1. Preheat oven to 400° F.
2. Lightly grease baking sheet with non-stick spray.
3. Wash carrots and peel.
4. Cut carrots into ¼ inch wide strips, or “coins” if you want to call them carrot chips
5. Place carrots, olive oil, cumin and salt in bowl and toss to coat evenly.
6. Place carrots on baking sheet.
7. Roast until lightly browned on bottom, 12 to 15 minutes. Flip and roast until tender about, 5 to 10 minutes more.
8. Cool slightly and enjoy!

Makes 10 servings Serving size: ½ cup

#### Nutrition Facts

Serving Size 1/2 cup (69g)  
Servings Per Container 10

Amount Per Serving

Calories 35      Calories from Fat 10

% Daily Value\*

Total Fat 1g      2%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 80mg      3%

Total Carbohydrate 6g      2%

Dietary Fiber 2g      8%

Sugars 4g

Protein 1g

Vitamin A 100% • Vitamin C 8%

Calcium 2% • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



## Ask Eat Well!

**Deborah Barnett** Community Education Assistant, Kennebec County



Deborah Barnett has worked with the University of Maine Cooperative Extension's Eat Well Nutrition Education Program in Kennebec County since 2011. Her passion is working with children. Deborah and her family live in East Winthrop along with their dog, an American Perador puppy, Jed.

**Q. My family thinks carrots are boring, what can I do to jazz them up?**

**A.** When I was younger, I was told to eat my carrots because they were good for my eyesight. They were crunchy and sweet so this wasn't a difficult task. As I got older, I wanted to explore different ways to include carrots in my diet.

**Carrots for breakfast?** YES! Make an omelet, frittata or scrambled eggs, add some grated or diced carrots along with chopped green or red bell peppers, onion, and your favorite low-fat cheese for a colorful complete breakfast.

**Super snack idea!** Just wash a few carrots with water and a veggie brush, toss them in a plastic container or sandwich bag, take along some peanut butter or low-fat salad dressing and you have a super fast super snack.



**Delicious dinner addition!** When making stews or soups don't forget to add a few fresh or frozen carrots to the pot. Grate a carrot or two and combine with pineapple and raisins for a fresh side salad. Cut your carrots into small thin sticks, like matchsticks, steam or blanch, combine with sautéed onions, and sprinkle with fresh parsley.

**Eat Well!** is published four times a year for current, past and future UMaine Extension Eat Well program participants. For more information on Eat Well, contact your County Extension office. **Managing Editor:** Kate Yerxa, MS, RD, **Extension Editor:** Phoebe Nylund, Eat Well Program **Eat Well Committee:** Kathleen Savoie, MS, RD, Extension Educator; Kate Yerxa, MS, RD, Extension Educator; Alan Majka, MS RD, Extension Educator; and Christine Finemore, Community Education Assistant. **Design and Production:** Phoebe Nylund, Eat Well Program.

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This material was funded by the National Institute for Food and Agriculture's (NIFA) Expanded Food and Nutrition Education Program (EFNEP). Published and distributed in furtherance of Acts of Congress of May 8 and June 30, 1914, by the University of Maine Cooperative Extension, the Land Grant University of the state of Maine and the U.S. Department of Agriculture cooperating. Cooperative Extension and other agencies of the U.S.D.A. provide equal opportunities in programs and employment. 09/13

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## Food Safety Corner

### Cleaning and Sanitizing in Your Home

By Kathy Savoie, Extension Educator

Prevent the spread of germs by cleaning and sanitizing areas where your food is prepared. Cleaning gets rid of dirt and grime you can see. Sanitizing gets rid of germs you can't see.

#### Steps to kitchen cleanliness

Be sure to clean and sanitize kitchen surfaces both before you prepare foods and immediately after preparing foods. Surfaces include counters, cutting boards, dishes, knives, utensils, pots and pans.

##### 1. Clean:

- Clean all surfaces with warm, soapy water.
- Rinse with clean water.
- Air dry OR dry with a clean paper towel.

##### 2. Sanitize:

- Dip, wipe or spray cleaned surfaces with homemade sanitizing solution.

- Leave sanitizer on the surface for at least 1 minute.
- Allow to air dry OR dry with a clean paper towel.

#### Homemade Sanitizer Recipes

**For Food Contact Surfaces:** Combine 1 scant teaspoon (6%) chlorine bleach with 1 quart water. Store in a labeled spray bottle with snug top out of direct sunlight. Replace each week.

##### Some things to remember:

- Bleach is inactivated when mixed with soapy water.
- Too little bleach in your sanitizing solution will not kill germs.
- Too much bleach in your sanitizing solution is toxic.
- Do not use chlorine bleach with added fragrance — this is not food safe.





## Quick and Easy Eat Well Recipe Carrot Fried Rice



### INGREDIENTS

- 2 teaspoons vegetable oil
- 1 small onion, chopped
- 1 tablespoon fresh ginger, chopped
- 1 tablespoon garlic, diced
- 2 eggs, beaten
- 3 cups cooked rice
- 1 ½ cups carrots, peeled and cut into ¼ inch rounds
- 2 tablespoons light soy sauce

### DIRECTIONS

1. Heat oil in a large skillet.
2. Over medium heat, sauté onions, ginger and garlic until fragrant.
3. Add eggs, scramble.
4. Stir in rice and carrots. Add soy sauce.
5. Continue to stir over low heat for 5 to 6 minutes and serve hot.

### VARIATIONS

Add ground turkey or beef, chicken, shrimp or tofu in step #3.  
 Add broccoli, snow peas or celery in step #4.

Servings: 5 Serving size: 1 cup

Price per recipe \$1.69 Price per serving \$.39

### Nutrition Facts

Serving Size 1.00 cup(s) (230g)

#### Amount Per Serving

**Calories 242** **Calories from Fat**

% Daily

**Total Fat 5.1g**

**Saturated Fat 1.2g**

**Trans Fat 0.0g**

**Cholesterol 93.0mg**

**Sodium 486.4mg**

**Total Carbohydrate 40.8g**

**Dietary Fiber 2.2g**

**Sugars 4.2g**

**Protein 7.8g**

**Vitamin A 156 %** **Calcium**

**Vitamin C 8 %** **Iron**