

Foodies @ the Food Bank

Children's Healthy Living Program

Manganese

Iron

Calcium

Folate



High
Fiber

Vitamin C

Vitamin E

Vitamin A

Kids Can Cook **CARROTS!**

Cooking with kids makes them more willing to try new foods, gives them a lifelong skill, **and brings families together.**

Littlest Helpers (~2 years) can:

- Wash tables and counters
- Pick greens off carrots
- Help wash fruits and vegetables

~2-3 year olds can:

- Mix batter and stir sauces
- Pour ingredients into bowls
- Tear greens for smoothie

~4-5 year olds can:

- Cut soft fruits and vegetables with a plastic knife
- Beat eggs with a whisk
- Measure dry and liquid ingredients

~6-8 year olds can:

- Measure dry and liquid ingredients using a spoon and leveling method
- Chop and dice vegetables and fruits with supervision
- Grate cheese and peel carrots
- Crack eggs

What are carrots good for?



Eyes

Bones and teeth

Skin

Reduce risk of heart
disease and cancer

Healthy weight



Healthy Kid Carrot Recipes

Moroccan Carrots

Ingredients:

1 lb carrots, scraped and cut into little cubes
 1 teaspoon olive oil
 1 teaspoon each: cinnamon, nutmeg, cumin, paprika, and caraway seeds
 1/2teaspoon ground ginger
 couple cloves of garlic, smashed
 14.5 ounce can chickpeas, drained well
 14.5 ounce can chopped tomatoes, juice and all
 1tablespoon honey or other sweetener
 water, if needed
 1/4cup chopped cilantro

12 servings
 \$.71 per serving

Directions:

Cook carrots in a small amount of salted water until tender, about 5-7 minutes (more if you cut them bigger).

Meanwhile, heat oil in a medium saucepan and add spices and garlic; and cook, stirring, over medium-low heat, until the kitchen starts to become fragrant..

Drain carrots and stir into the spices along with tomatoes, chickpeas, and sweetener. Simmer about 15 minutes, adding water if needed; stir in the cilantro, and serve alongside your favorite grain (quinoa, brown rice, etc.)

Try a deliciously warm carrot ginger stir fry!

Heat up some oil or butter, enough to barely cover the pan. Cook sliced carrots and ginger slivers for about 10-15 minutes with a lid on. Perfect for a chilly fall and cold winter evening.



Nutrition Facts

Serving Size 1/2 cup	
Amount Per Serving	
Calories 78	Calories from fat 14
%Daily Value*	
Total Fat 2g	20%
Saturated Fat 0g	12%
Trans Fat 0g	
Cholesterol 0mg	3%
Sodium 32mg	13%
Total Carbohydrate 14g	5%
Dietary Fiber 4g	14%
Protein 3g	
	Vitamin C 10%
Calcium 11%	Folate 7%
Vitamin A 130%	Iron 10%
Vitamin K 9%	Manganese 19%

Homemade Ranch, Anytime

Dry Ingredients:

3/4 cup dry buttermilk
2-1/2 tbs dried parsley, divided
2 tsp dried dill, divided
2-1/2 tsp garlic powder
1-1/2 tsp onion powder
1-1/2 tsp dried onion flakes
1 tsp salt
1/2 tsp pepper
1/2 tsp paprika
1/4 tsp cayenne (optional)

10 servings
\$.50 per serving (dry
ingredients only)

Easy dressing
or dip!

Directions:

In a small food processor or blender; measure and add in the dried buttermilk, 2 tablespoons dried parsley, 1 teaspoon dried dill. Place the remaining 1/2 tablespoon parsley and 1 teaspoon dried dill and set off to the side. Add all remaining spices. Blend well, add remaining dill +parsley. Store in the fridge or freezer to preserve freshness

When you're ready to use

Dressing: 1 tablespoon + 1/3 cup milk and 1/3 cup plain yogurt

Dip: 1 tablespoon + 1/3 cup mayo or sour cream and 1/3 cup plain yogurt



Carrots are
brimming with beta
carotene that your
body turns into
Vitamin A—
important for eye
and skin health.



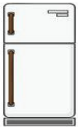
Eating: Carrots are one of the sweeter vegetables available. They can be eaten raw or cooked. Raw carrots can be grated onto salads or as an appetizer as a snack or with a dip. Carrots can be boiled, baked, or microwaved—they are more nutritious when lightly cooked (soft but not mushy). Carrots can also be put into soups, stews, roasts, casseroles, cakes and quick breads.



Selecting: Look for crisp, firm, bright and blemish free carrots. Darker orange carrots have more vitamin A, other carrot colors (red, black, yellow and white) have different nutrients. If tops are attached, they should be fresh and green (and can also be eaten!). Avoid vegetables with splits, cracks, large green areas near the tops and those with lots of little hairy roots; they are too old.



Washing and Preparing: Wash carrots under running water. Peel if necessary (peels are generally good to eat and very nutrient dense).



Storage: Remove any greens attached to the carrots before storing. Store carrots in a plastic bag in the refrigerator. Don't store carrots together with apples or pears, they will make the carrots have a bitter flavor. Remove the tops if you're not going to be eating them right away, as the greens will pull moisture from the roots



Preserving: Carrots store very well in the fridge or cold cellar but can also be dried, pressure canned or pickled, and froze after blanching (three minutes in boiling water).

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