



Carrots Tips

- Carrots are a crunchy, sweet vegetable and are usually orange. There are some varieties of carrots that come in shades of purple and yellow. “Baby cut carrots” are often called baby carrots but are actually cut down to 2-inch pieces from fully grown carrots.
- When selecting fresh, choose well-shaped, smooth, firm, crisp carrots with deep color and fresh, green tops. Avoid soft, wilted or split carrots.
- Carrots lose moisture through their leafy green tops, so remove the tops before storing. Clean, dry carrots will keep in the refrigerator in a loosely tied or knotted plastic bag for up to 2 weeks.
- Store them away from apples, pears, potatoes, and other fruits and vegetables that produce ethylene gas, as this will cause the carrots to become bitter.
- Don’t store them at room temperature, as they will begin to soften quickly.
- Wash and scrub carrots before eating.
- If the stem end is green, cut it off as it will taste bitter.
- Carrots are an excellent source of vitamins A and K, as well as potassium. Carrots are also rich in fiber. Fat-free, saturated-fat free, cholesterol-free, low in sodium, and low-calorie with 27 calories per half cup.

Honey-Mustard Carrots

Yield: 4 Servings

Time: 15 Minutes

Ingredients

- 1 pound carrots
- ½ tablespoon butter
- 1 teaspoon honey
- 2 teaspoons dijon mustard
- salt and pepper to taste
- parsley chopped (optional)

Source: <https://eatfresh.org/recipe/side-dish-snacks/honey-mustard-carrots/>

Instructions

1. Peel and slice the carrots diagonally into ½ inch thick pieces. Steam carrots in a covered pot with 1-inch water for 3 minutes until barely tender.
2. Drain the carrots and return to the pan. Add butter, honey, and mustard. Season with salt and pepper, to taste.
3. Cook over medium heat for several minutes until well coated with sauce and bubbling.
4. Toss with parsley and serve immediately.





Corn and Cucumber Salad

Spices and red wine vinegar dress up the vegetables in this recipe. Enjoy as a side dish with your favorite entree.

Yield: 7 Servings

Time: 15 Minutes

Ingredients

- 1 cup cucumber with peel, chopped
- 1 cup low-sodium canned corn
- 1 cup cherry tomatoes, chopped
- 1/8 cup red pepper, chopped (2 tablespoons)
- 1/8 cup green pepper, chopped (2 tablespoons)
- 2 tablespoons red wine vinegar
- 1/2 teaspoon garlic powder



- 1/2 teaspoon ground cumin
- 1/4 teaspoon dried cilantro or coriander
- 1/8 teaspoon ground black pepper

Instructions

1. Wash hands with soap and water.
2. Combine ingredients and mix well.
3. Serve cold.

Source: <https://www.myplate.gov/recipes/corn-and-cucumber-salad>



Carrot Cookies

Carrots give this traditional oatmeal and raisin cookie a colorful and tasty twist.



Yield: 30 Servings

Time: 30 Minutes

Instructions

Ingredients

- ½ cup margarine, soft
- 1 cup honey
- 1 cup carrots, grated
- 2 egg whites, beaten
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- 1 teaspoon cinnamon
- 2 cups oatmeal, quick cooking, uncooked
- 1 cup raisins

1. Wash hands with soap and water.
2. Preheat oven to 350 °F.
3. In a large bowl, cream together margarine and honey. Stir in carrots and egg whites.
4. Stir together flour, baking powder, baking soda, salt, cinnamon, oatmeal and raisins. Gradually stir flour-oatmeal mixture into creamed mixture, just until all flour is mixed. Do not over mix.
5. Drop from teaspoon on greased baking sheet. Flatten slightly and bake at 350 °F for 10 minutes, or until lightly browned.

Source: <https://www.myplate.gov/recipes/carrot-cookies>



Eat Well

Moroccan Carrot Salad

This sweet salad is packed with vitamin A, which keep your eyes healthy.



Yield: 6 Servings

Time: 20 Minutes

Instructions

Ingredients

- 6 carrots medium
- ½ onion small
- 1 lemon large
- 3 tablespoons canola oil
- 1 teaspoon curry powder
- ½ teaspoon salt
- ¼ teaspoon black pepper ground
- ¼ cup raisins dark or golden

1. Rinse and peel carrots and onion.
2. Shred carrots with a grater. Dice onion.
3. Rinse lemon and cut in half. In a small bowl, squeeze juice. Discard seeds.
4. In a medium bowl, combine carrots and onions.
5. In a second small bowl, combine oil, curry powder, salt, pepper, and 2 tablespoons of lemon juice. Mix well. Let marinate 5 minutes.
6. Pour liquid mixture over carrots and onions. Stir in raisins. Mix well.
7. For best taste, allow flavors to blend before serving. Let sit 15 - 20 minutes after you have mixed in the sauce.

Source: <https://eatfresh.org/recipe/side-dish-salads/moroccan-carrot-salad/>



Black-eyed Peas and Collard Greens

Yield: 4 Servings

Time: 40 Minutes

Ingredients

- 2 tablespoons vegetable oil
- 1 cup chopped onion
- 3 minced garlic cloves
- 8 cups chopped collard greens
- ¼ cup chopped tomato
- ¼ cup chopped dill
- 1 ½ cups cooked black eyed peas (beans need to be soaked and cooked according to package instructions)
- Black pepper to taste

Instructions

1. Heat oil in a large pot over medium heat.
2. Add onion and garlic and cook until soft, about 5 minutes. Stir frequently.
3. Add greens, tomato, dill, and 2 cups water. Cook until greens are soft, 20-25 minutes.
4. Add cooked black-eyed peas. Add black pepper to taste. Stir.
5. Serve immediately and enjoy!
6. Refrigerate leftovers.



Source: <https://jsyfruitveggies.org/black-eyed-peas-and-collard-greens/>



Collard Potato Salad with Mustard Dressing

Yield: 6 Servings

Time: 40 Minutes

Ingredients

- 2 pounds small red potatoes, scrubbed
- 1 pound collards, coarse stems discarded and the leaves washed well and cut into 1-inch pieces
- 2 tablespoons Dijon-style mustard
- 2 tablespoons red-wine vinegar
- 1/3 cup olive oil
- 6 slices of lean bacon, cooked until crisp, drained, and crumbled
- 3 tablespoons thinly sliced scallion (or spring onion)

Instructions

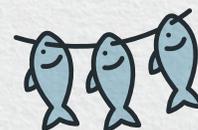
1. In a kettle combine the potatoes with enough water to cover them by 2 inches, bring the water to a boil, and simmer the potatoes 15 to 20 minutes, or until they are tender.

2. Transfer the potatoes with a slotted spoon to a colander, reserving the cooking liquid, and in the reserved cooking liquid boil the collards, stirring occasionally, for 10 minutes.
3. Drain the collards in a sieve, refresh them under cold water, and squeeze them dry in a kitchen towel.
4. In a bowl whisk together the mustard, the vinegar, and salt and pepper to taste, add the oil in a stream, whisking, and whisk the dressing until it emulsified.
5. Quarter the potatoes and add them to the dressing. Add the collards, pulling them apart to separate the leaves, the bacon, and the scallion and toss the salad well.



Source: <https://nesfp.nutrition.tufts.edu/world-peas-food-hub/world-peas-csa/produce-recipes/collard-potato-salad-mustard-dressing>

Tuna Salad with Cucumber



Bright and crunchy salad that is ready in about 15 minutes.

Yield: 5 Servings

Time: 15 Minutes

Ingredients

- 3 cans (5 ounces each) tuna, drained
- 1 cup coarsely grated carrot (about 2 medium carrots)
- 2 cups diced cucumber
- 1 ½ cups peas (cooked from fresh or frozen, or canned, drained and rinsed)
- ¾ cup Italian salad dressing

Instructions

1. Wash hands with soap and water.
2. Rinse or scrub fresh vegetables under running water before preparing.
3. Place tuna in a medium bowl. Use a fork to break apart chunks of tuna.
4. Add carrot, cucumber, peas and salad dressing. Mix well.
5. Serve immediately or make ahead, cover and refrigerate until ready to serve.
6. Refrigerate leftovers within 2 hours.

Source: <https://foodhero.org/recipes/tuna-salad-with-cucumbers>

*Rinse fresh fruits
and vegetables under
running water.*



Strawberry S'Mores



No campfire required for these fruity graham cracker snacks!

Yield: 1 Serving

Time: 5 Minutes

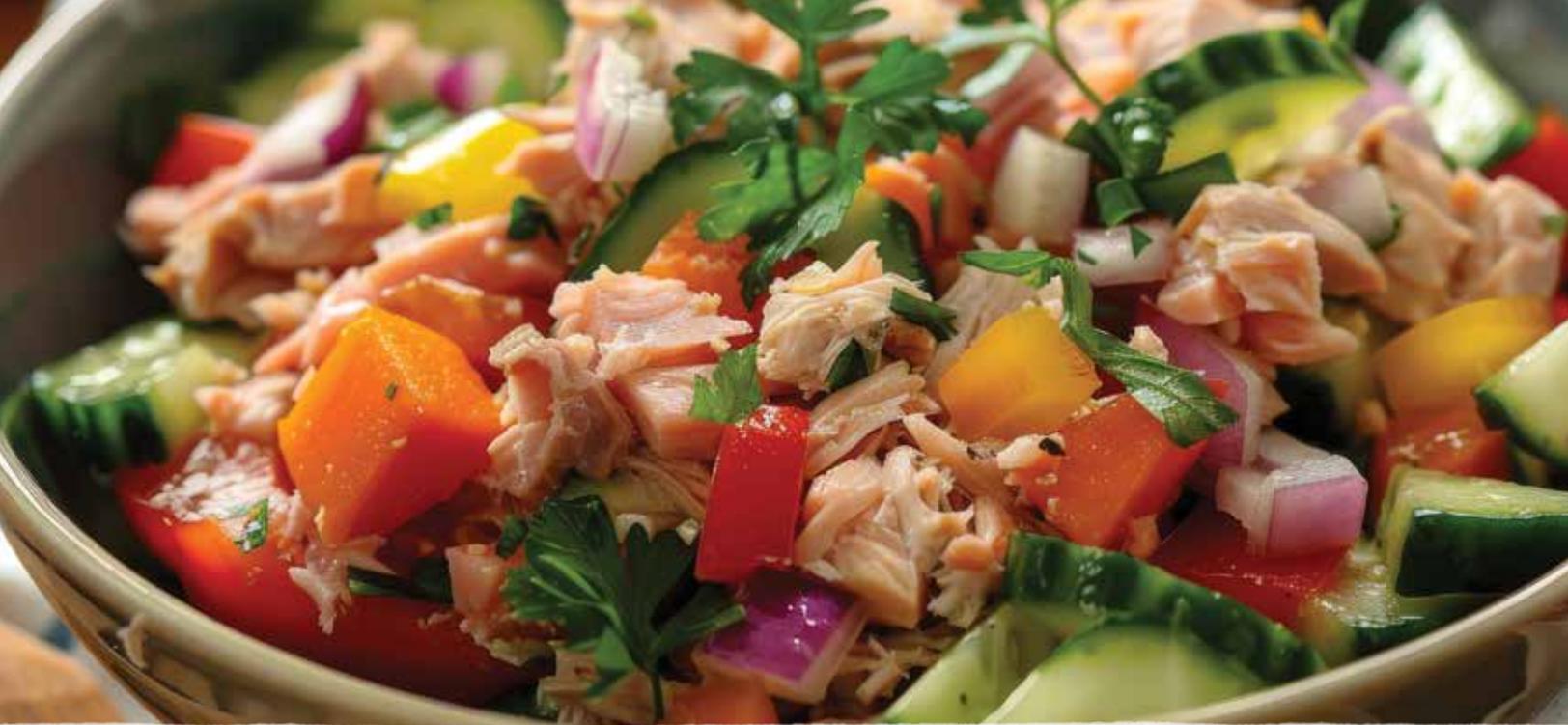
Ingredients

- 2 strawberries
- 1 graham cracker (broken in half)
- ¼ cup yogurt, low-fat vanilla (2 tablespoons)

Instructions

1. Wash hands with soap and water.
2. Rinse the strawberries in water.
3. Slice the strawberries.
4. Add the yogurt and strawberries to ½ of graham cracker.
5. Top with the other ½ of graham cracker.
6. Enjoy immediately.

Source: <https://www.myplate.gov/recipes/strawberry-smores>



Strawberry Spinach Salad

Yield: 6 Servings

Time: 15 Minutes



Ingredients

- 1 bunch of washed spinach,
- 1 bag (9-ounce) baby spinach or
- 1 head of leaf lettuce
- 1/3 cup crumbled feta cheese
- 10 to 12 medium strawberries, sliced

Dressing

- 3 tablespoons oil
- 1 tablespoon vinegar
- 2 teaspoons strawberry jam
- pinch of salt and black pepper, to taste

Instructions

1. In a large bowl combine spinach, feta cheese, and strawberries.
2. Place dressing ingredients in a jar with tight-fitting lid. Shake well to combine. Pour over salad.

Source: <https://s3-us-west-2.amazonaws.com/wasnap-ed.org/wp-content/uploads/sites/35/2018/10/Farm-Fresh-Strawberries.pdf>



Low Sugar Strawberry Freezer Jam



Yield: 4 Jars

Time: 60 Minutes

Ingredients

- 1 quart of strawberries
- $\frac{2}{3}$ cup sugar
- 2 tablespoons instant pectin

Instructions

1. Wash strawberries in a colander immediately before using. Do not soak berries.
2. Remove the caps. Carve out and discard bruised spots with a paring knife, if needed.
3. Thoroughly crush berries using a potato masher, food processor, clean hands, etc.
4. Add $\frac{2}{3}$ cup of sugar and 2 tablespoons of instant pectin to a large bowl. Stir to mix.
5. Measure strawberries using liquid measuring cup. Add crushed strawberries to bowl.
6. Stir for 3 minutes. Ladle jam into clean freezer jars leaving $\frac{1}{2}$ -inch from the top of the juice to the top of the jar rim.
7. Wipe jar rims with a clean, damp paper towel. Anything on the rim might prevent the jar from closing properly.
8. Turn or press lids on freezer containers until tight. Let jam stand 30 minutes to set.
9. Label jars with contents and date. Enjoy now, refrigerate for up to 3 weeks, or freeze for up to 1 year.

Source: <https://ohioline.osu.edu/factsheet/HYG-5531>



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