



Carrots

FOOD STASH FOUNDATION

Carrots are a great snack and a common vegetable to add into meals. Below are a few ways to enjoy carrots!

What can you do with carrots?

Eat them raw.

- Cut carrots sticks to snack on with hummus and dips.
- Grate into a colourful coleslaw or green salad with beans.



Eat them cooked.

- Add chopped carrots into soups like minestrone, chicken noodle, or autumn soup.
- Roast in the oven with oil, butter, and herbs.
- Stir-fry with oil, protein, and other vegetables or add into recipes like omelettes or shepherd's pie.
- Grate carrots and bake into carrot cake or muffins.



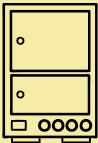
All about carrots!

Peel or no peel?

Unpeeled carrots are perfectly safe (and delicious) to eat—just scrub them well!

How to Store it?

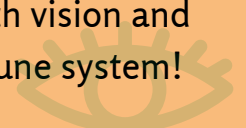
Carrots like a cold and moist environment.



Store carrots in a perforated plastic bag in the fridge's drawer.

Did you know?

Carrots are a good source of **beta-carotene (Vitamin A)** which helps with vision and a healthy immune system!



What to do with limp carrots?

- **Revive them:** Carrots can be revived by soaking in cold water in the fridge. They crisp up after 8 hours.
- **Eat them:** Cook dishes like soups or omelettes and the soft carrots will blend right in!

