



Try carrots on:

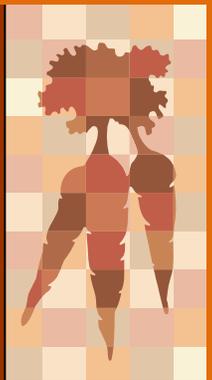
- Sandwiches
- Wraps
- Salads

Carrot:

Not just a dippy vegetable!

Try adding carrots to:

- Stir-fry
- Salads
- Stews
- Casseroles



Dill and Lemon Pepper Fettuccine

Yield: 4 Servings

2 medium carrots

2 medium zucchini

8 oz uncooked fettuccine

1 container (8 oz) dill dip

¾ teaspoon lemon pepper

1. Shave carrots and zucchini lengthwise into thin slices with vegetable peeler.
2. Cook fettuccine as directed – except add carrots and zucchini about 1 minute before fettuccine is done; drain
3. Return fettuccine mixture to saucepan. Add dill dip and lemon pepper; toss. Serve immediately.

Recipe from: Betty Crocker's Fix-it-Fast Family Favorites

Though carrots are delicious when dipped in salad dressing, the possibilities are endless!

Spicy Carrot Soup

- 8 carrots, roughly chopped.
- 5 celery sticks, cut into pieces.
- 2 cloves of garlic, chopped.
- 1 large onion, chopped.
- 4 cups of water.
- 1 tablespoon of olive oil
- 1 teaspoon of curry powder.
- Salt

Heat up the olive oil in a frying pan; sauté the chopped garlic and chopped onion for 4-5 minutes.

Add a teaspoon of curry powder, then stir.

Add all of the remaining ingredients except the salt and cook until the vegetables are tender. Mix in a blender until the soup is smooth. Add salt to taste and serve.

<http://www.carrotrecipes.net/spicy-carrot-soup.html>

Carrot Chicken Salad

1 cup low-fat mayonnaise or Miracle Whip

2 cups diced cooked chicken

2 cups chopped celery

2 cups shredded carrots

2 Tbs. chopped onion (green or white)

Garlic powder to taste

1-4 oz. pkg. slivered almonds

1 cup chow mein noodles

Mix all ingredients together EXCEPT chow mein noodles. Stir in chow mein noodles just before serving.

Notes



This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-221-5689 or visit online at <http://www.fns.usda.gov/fsp/outreach/coalition/map.htm>. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. This institution is an equal opportunity provider and employer. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

Viva Vegetables: How to Nourish With Carrots