

Carrots

Store	Refrigerate in plastic bags or loose in vegetable drawer
Prepare	<ul style="list-style-type: none"> Scrub to remove dirt. Avoid peeling if possible. Cut off the tops Dice, slice into rings, or cut into thick or thin lengths
Cook	<ul style="list-style-type: none"> Boil in lightly salted water, covered for 5-10 mins or until just tender Steam over boiling water 10-15 mins or until just tender Microwave in a covered container with a little water - cook on high 5-6 mins (4 carrots)
Add Flavour	<ul style="list-style-type: none"> Sprinkle with chopped parsley or dried herbs Glaze cooked carrot by combining with ½ tablespoon brown sugar, 1 tablespoon margarine and 1 teaspoon finely grated lemon rind.
Vege Up	<ul style="list-style-type: none"> Add to sandwiches - Try grated carrot and peanut butter for a tasty change Grate into all mince dishes – bolognaise, meat loaf, hamburgers, meatballs Dice into casseroles, stews, slow cooker meat dishes Add carrot sticks to the lunchbox or keep in fridge for a handy snack



Recipe Idea

Soup	<p>Carrot and Orange Soup</p> <p>2 teaspoons margarine 2 onions, chopped 2 teaspoons fresh ginger, chopped 1 kg carrots, washed 2 cups chicken stock or water Juice and grated rind of 1 orange</p> <p>Melt margarine in a pot and add onions, ginger and carrots. Saute over gentle heat until onions are soft but NOT brown. Add stock and cook covered until carrots are very soft- about 20 minutes Puree with juice and orange rind adding more juice or water for taste</p>
Salad	<p>Coleslaw</p> <p>Thinly slice cabbage Grate washed carrots Moisten with vinaigrette or mayonnaise</p> <p>Variations: Chopped parsley or chives or spring onion Grated apple, red cabbage sliced finely Toasted sunflower seeds or pumpkin seeds</p>

