

A fresh take on

CARROTS!

Radish & Carrot Salad

This one is both pretty and tasty!

- Thinly slice equal amounts of radishes and carrots, a good start is 1 lb each
- Add chopped green onion and cilantro leaves to taste
- Dress with an olive oil vinaigrette, one that is citrus flavored works well
- Serve chilled

Store carrots in a tightly sealed container in your refrigerator. Removing green tops will help prevent the leaves from drying out the carrot. Keep away from fruits like apples, bananas and pears which may make the carrots develop a bitter flavor.



Seedy Carrot Salad

Crunchy goodness with this one!

- Shred or grate 6-8 carrots
- Mix with equal amounts of toasted sesame, almond, sunflower or other nuts
- Dress with honey mustard vinaigrette or other favorite dressing
- Serve chilled

Carrots are great for lunch bags and salad topping -
and so much more!

Try these surprisingly simple recipes for a whole
new take on a familiar vegetable.



Connecting Iowans with Local Foods

Roasted Carrots

*Be prepared for a surprisingly different,
but wonderfully flavorful dish!*

- Wash (peeling is optional) and chop about 8 medium carrots into 1/2" chunks
- Toss carrot chunks with 1 tsp cumin seed, the juice and lightly grated rind of one orange
- Mix in big pinches of salt and pepper and enough olive oil to coat
- Arrange carrots, well separated, on a baking sheet; roast at 400F for 30-40 minutes, tossing them a few times
- Serve with a main dish, or with rice, beans, quinoa, spinach etc.