

For the Love of Carrots! Carrots 4 Ways

This crunchy powerfood gives you Vitamin A and a host of other powerful health benefits including improved vision, beautiful skin, cancer prevention, and anti-aging. What's not to love?!

Sesame Carrot Ribbons – Serves 4

4 -5 medium carrots, peeled (try assorted colors) ∞ 1 ½ teaspoons sesame oil ∞ 1 ½ teaspoon fresh lemon juice ∞ Pinch salt ∞ toasted sesame seeds, for sprinkling ∞ 1 tablespoon chopped fresh cilantro or parsley

Directions: Using a vegetable peeler, peel carrots lengthwise into long ribbons. Place in a serving bowl and toss with sesame oil, lemon juice, and salt. Sprinkle with sesame seeds and cilantro. Serve cold.

Roasted Carrots, Parsnips and Fennel – serves 6

2 medium carrots, peeled and cut into ¼ inch sticks ∞ 2 medium parsnips, peeled and cut into ¼ inch sticks ∞ 1 fennel bulb, cut into ½ inch slices (save leaves for garnish) ∞ 2 tablespoons canola or olive oil ∞ 1 tablespoon minced garlic ∞ ½ teaspoon salt ∞ ¼ teaspoon ground pepper

Directions: Place carrots, parsnips and fennel on a baking sheet. Drizzle with oil; sprinkle with garlic, salt, and pepper. Toss to combine. Bake 20-25 minutes, turning after 10 minutes, until tender and browned. Garnish with fennel leaves.

Sweet Ginger Carrots – Serves 4-6

1 # baby carrots ∞ 1 cup 100% orange juice or apple cider ∞ 1 Tablespoon butter (optional) ∞ 1 Tablespoon honey ∞ 1 teaspoon grated fresh ginger or ¼ teaspoon ground ginger ∞ Pinch salt ∞ 1 tablespoon chopped fresh dill (garnish) ∞ Zest of 1 lemon (garnish)

Directions: Place all ingredients, except dill and lemon zest, into a medium sauce pot. Cover. Bring to a boil then reduce heat and simmer, uncovered, until the liquid is reduced to a syrup, and carrots are soft, about 5-7 minutes. Sprinkle with dill and lemon zest. Serve.

Carrot and Sweet Potato Puree – serves 4-6

4 medium carrots, peeled and cut into 1-inch dice ∞ 2 medium sweet potatoes, peeled and cut into 1-inch dice ∞ ½ cup low-fat coconut milk or any milk ∞ ½ teaspoon curry powder ∞ ¼ teaspoon ground nutmeg ∞ ¼ teaspoon salt

Directions: Place carrots and potatoes in a large pot; cover with water; bring to a boil and cook until soft, about 20 minutes. Drain water, Add coconut milk, curry, nutmeg and salt. Mash with a potato masher or hand mixer.