



Cooking with Fresh Vegetables: Focus on Carrots



Carrots are good sources of important vitamins and minerals. They can be served in many different ways.

Carrots are great

- cooked and served as a side dish or in soups and stews
- grated in salads, sandwiches, muffins, quick breads, and cakes
- pureed and combined with chicken broth to make a tasty soup

Carrots can be served raw, boiled, steamed, microwaved, or blanched.

Methods of preparing carrots:

1. Boil

Bring water to a boil and add raw carrots. The water should partially cover the carrots. For one pound of carrots, boil for 10-15 minutes.

2. Steam

To steam vegetables, either use a metal steamer pot with a colander or make your own steamer by placing a small footed sieve or colander in a large pot. Add water until it almost reaches the bottom of the colander. The water should not touch the vegetables. Cover the pot. Steam just long enough for carrots to be easily cut with a fork. The

vegetables will turn a bright color. Steaming takes a little bit longer than boiling.

3. Microwave

Place carrots in a microwave safe container, cover, and vent slightly (you can use plastic wrap). You do not need to add water. Microwave just long enough for carrots to be easily cut with a fork. Since microwaves cook unevenly, you will need to stir and turn carrots during cooking. Remove carrots from microwave and uncover. Allow carrots to stand at least five minutes before serving.



4. Blanch

Fresh carrots are easier for young children to chew if partially cooked. Cook carrots for a very short time, then chill quickly in ice water and drain. Remember to cut carrots into small pieces to avoid choking. Do not offer carrots sliced into circles to young children.

Seasonings:

You can use cinnamon, nutmeg, brown sugar, and/or orange juice to season carrots. Refer to *Mealtime Memo for Child Care* issue No. 7, 2007 for tips in seasoning vegetables. Young children do not need added salt. Do not add bacon or fat drippings and only use about one teaspoon of oil if you need to add fat.



Mealtime Memo FOR CHILD CARE

Orange Glazed Carrots I-12A*

| | | | |
|-----------------------------------|---------------------------------|--|----------------|
| Cornstarch | 1 Tbsp | Frozen orange juice concentrate | ¼ cup 2 ½ Tbsp |
| Water, cold | ½ cup | Ground nutmeg (optional) | ½ tsp |
| Canned sliced carrots, drained OR | 1 qt 3 cups (5/8 No. 10 can) OR | Ground cinnamon | ½ tsp |
| Frozen sliced carrots | 2 qt | Dehydrated plums (prunes), chopped (optional) OR | ¼ cup 3 Tbsp |
| Margarine or butter | ¼ cup | Raisins (optional) | OR ½ cup |
| Brown sugar, packed | ¼ cup 2 Tbsp | | |

Combine cornstarch with cold water until dissolved and set aside to be used in preparing glaze. Place carrots in pan (9"x13"x 2" inch).

For glaze, combine margarine or butter, brown sugar, orange juice concentrate, nutmeg (optional), cinnamon, and dissolved cornstarch. Stir to blend. Bring to a boil. Remove from heat. Add dehydrated plums or raisins (optional).

Pour glaze over pan of carrots. Bake: Conventional oven: 375 °F for 20-30 minutes; Convection oven: 325 °F for 15-20 minutes. Heat to 135 °F or higher for at least 15 seconds. Hold for hot service at 135 °F or higher. Portion with No. 12 scoop (⅓ cup).

Number of servings: 25

Serving size: ⅓ cup (No. 12 scoop) provides ¼ cup of vegetable.



Lunch Menus

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------------------|---|-------------------------|----------------------------|-------------------------------|
| Ground Beef and Spanish Rice- D-22* | Toasted Cheese and Tomato Sandwich- F-09* | Stir-Fry Chicken- D-18* | Lentil Soup- H-07* | Turkey sandwich |
| Green Beans | Broccoli lightly steamed | Not Fried Rice- A-08* | Cornbread | Carrot sticks lightly steamed |
| Orange Glazed Carrots- I-12A* | Pinto beans | Diced peaches | Steamed spinach | Potato wedges |
| Milk | Milk | Milk | Baked apples with cinnamon | Milk |
| | | | Milk | |

*USDA Recipes for Child Care. Available online at www.nfsmi.org.

Sources:

National Food Service Management Institute. (1997). *CARE Connection*. University, MS: Author.
 U.S. Department of Agriculture, Food Nutrition Service & National Food Service Management Institute. (2005). *USDA Recipes for Child Care*. Retrieved February 28, 2007, from <http://www.nfsmi.org>
 Dole Food Company, Inc. (2004). *5 a Day Fun: Fun Facts/Carrots*. Retrieved February 9, 2007, from http://www.dole5aday.com/FoodService/Fun/Characters/F_Carrot.jsp?topmenu=2

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