



Maple Roasted Carrots

Featured Item: Carrots

Serving Size: 1/2 cup • Yield 4

Fun Facts:

Carrots are made up of 88% water.

Try It!

You can eat the green leaves on carrots. Cut them up and put them in soups or salads!

INGREDIENTS

- 11 ounces** Carrots, LOCAL, raw
- 1 teaspoon** Olive oil
- 1/4 teaspoon** Salt
- 1/4 teaspoon** Black Pepper
- 1 teaspoon** Maple Syrup



DIRECTIONS

1. Pre-prep: Wash and scrub carrots. Cut into 2 inch pieces on the diagonal.
2. Preheat oven to 350 degrees.
3. Arrange carrots on a sheet pan. Toss carrots with olive oil, salt, and pepper.
4. Spread out and bake for 20-25 minutes. Toss with a spatula half way through.
5. During the last 5 minutes of cooking, drizzle with maple syrup. Toss and finish cooking until tender.
6. Serve.

NUTRITION FACTS

Calories: 46
Total Fat: 1g
 Saturated Fat: 0g
 Trans Fat: 0g
Cholesterol: 0mg
Sodium: 81mg
Total Carbohydrate: 8.6g
 Dietary Fiber: 2g
 Total Sugars: 4.7g
Protein: 0g

Nutrition facts may vary based on specific products used.



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Recipe and nutritional info provided by our partner, Pisanick Partners LLC

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Local Foods for Growing Minds



HOME RECIPE

Sunshine Soup

Featured Item: Carrots

Serving Size: 6 ounces • Yield 4

Fun Fact:

Carrots were first grown as medicine, not food.

Try It!

Carrots are great on the grill!

INGREDIENTS

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|-----------------------|-------------------------|-----------------------|---------------------|
| 1 tablespoon | Olive oil | 1 1/2 teaspoon | Vegetable soup base |
| 1/2 cup | Onion, chopped | 7 ounces | Coconut milk |
| 1 1/2 teaspoon | Garlic | 2 cups | Water |
| 1 1/2 teaspoon | Ginger root | 1/2 cup | Sunflower seeds |
| 1/2 teaspoon | Turmeric, ground | | |
| 1/2 | Orange | | |
| 1/4 teaspoon | Salt | | |
| 1/4 teaspoon | Black Pepper | | |
| 1 1/2 teaspoon | Curry powder | | |
| 2 cups | Carrots, LOCAL, chopped | | |



DIRECTIONS

1. Pre-prep: Peel and dice onions; mince garlic; peel and mince ginger; zest and juice orange; peel and chop carrots into 1 inch pieces.
2. Heat the olive oil in a large saucepan over medium heat. Add the onion and saute for about 5 minutes, until translucent. Add garlic, ginger, turmeric, orange zest, salt, pepper, and saute for 2 minutes or until the spices are fragrant. Add the carrots and saute for 3 minutes.
3. Pour in the vegetable base, water, coconut milk, and orange juice. Bring to a boil and lower to simmer. Cover and cook for 20-25 minutes, or until the carrots are cooked through.
4. Puree the soup in batches in a high speed blender.
5. Return the soup to the pan and reheat, adding more liquid if you prefer a thinner soup.
6. Serve 6 ounces in a bowl. Top with 2 tablespoon sunflower seeds.

NUTRITION FACTS

Calories: 211
Total Fat: 13.7g
 Saturated Fat: 5g
 Trans Fat: 0g
Cholesterol: 10mg
Sodium: 656mg
Total Carbohydrate: 17g
 Dietary Fiber: 4.2g
 Total Sugars: 6.4g
Protein: 4g

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Coleslaw

Featured Item: Carrots

Serving Size: 1/2 cup • Yield 4

Fun Facts:

Some carrots are purple, yellow, or white.

Try It!

Look in the center of a purple carrot. You might find a colorful surprise!

INGREDIENTS

- 1/4 cup** Whipped salad dressing
- 1 cup** Carrots, raw, LOCAL
- 2 cups** Cabbage



DIRECTIONS

1. Shred carrots.
2. Chop cabbage.
3. Combine all ingredients and gently mix.
4. Serve.

NUTRITION FACTS

Calories: 121
Total Fat: 8.7g
 Saturated Fat: 1.8g
 Trans Fat: 0g
Cholesterol: 17.4mg
Sodium: 233.9mg
Total Carbohydrate: 7.4g
 Dietary Fiber: 0g
 Total Sugars: 4.7g
Protein: 0g

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