

# Fun Food Feature of the Week!

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## Carrots

- Most carrots are grown in the state of California and shipped all over the United States for purchase.
- The summer and the fall are the seasons that produce the freshest and most favorable tasting carrots.
- Carrots are an excellent source of antioxidants containing an ample source of vitamin A called carotene. Diets that are high in carotenoids are beneficial in reducing risk for cancer and heart disease. In addition, it is true like your mother used to tell you that carrots help you to "see" better. Carotene aids in eye sight, especially night vision.
- Fresh carrots should be smooth, richly orange colored, firm, and not split or cracked. Cracking, rubberiness, and discoloration are signs of aging. Store fresh carrots in the refrigerator to preserve freshness. [www.whfoods.com](http://www.whfoods.com)



## Glazed Carrots

1 1/2 pound package of "ready-to-eat" whole baby carrots

Brown sugar

Salt

Butter or margarine

1\2 teaspoon grated orange peel



Cook carrots in a sauce pan in about 1 inch deep water. Cook/boil until tender. In a separate pan heat about 2 Tablespoons of browns sugar with 2 teaspoons butter/margarine until melted and bubbly. Add carrots and orange peel and cook just a few minutes longer. Salt to taste.

Exchanges: 6 servings, 1 serving= 1 vegetable, 1/2 other carbohydrate, 1/2 fat