

Cooking with Carrots

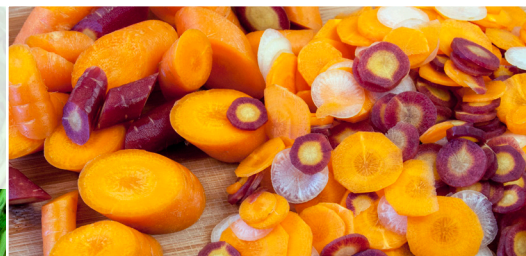
Carrots add crunch to a dish when served raw. They add sweetness to a dish when they are cooked. Enjoy as a snack with hummus or roast carrots for a healthy side dish.



There's no need to peel carrots. Wash carrots under cool running water before cooking.

More recipes are available at pittsburghfoodbank.org/recipecards

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Slice carrots into $\frac{1}{4}$ inch rounds to pickle. Cut bite-size pieces to roast.



Add pickled carrots to sandwiches, salads or use as a topping for tacos.



Spread carrots in an even layer on a baking sheet when roasting.



Quick-pickled Carrots

Preparation time: 5 minutes | **Cook time:** 3 minutes | **Cost:** \$1.00

Ingredients:

- 2 cup **carrots**, peeled and chopped
- 1 **garlic clove**, sliced thinly
- ½ cup **vinegar**
- ½ cup **water**
- ½ teaspoon **salt**

Directions:

1. Add carrots and garlic to a glass jar with a lid.
2. Heat vinegar, water and salt in a saucepan over high heat.
3. Bring to a boil. Pour warm vinegar mixture over carrots. Add enough of the vinegar mixture to fully cover the vegetables.
4. Cover jar and allow to cool to room temperature. Store in the refrigerator for up to 2 months.

Makes 8 servings

Roasted Carrots

Preparation time: 5 minutes | **Cook time:** 25 minutes | **Cost:** \$0.80

Ingredients:

- 2 cup **carrots**, chopped
- 1 teaspoon **oil**
- ½ teaspoon **cinnamon**
- ¼ teaspoon **black pepper**
- ⅛ teaspoon **salt**

Directions:

1. Preheat oven to 400°.
2. Add ingredients to a bowl. Stir to coat carrots with seasonings.
3. Spread carrots in an even layer on a baking sheet.
4. Roast for 25 minutes.

Makes 4 servings