

Carrots

Nutritional Notes by Martha Berkesch

Many years we have 3 different colored carrots growing at Cosmic Apple: orange, yellow and purple. Because of their different colors, they contain different nutrients and have different origins. Carrots were believed to originally be purple or white in Roman times with orange carrots not being around until the 16th century in Europe. Orange Carrots contain beta carotene and some alpha-carotene, and originate from Europe and the Middle East. Yellow carrots contain xanthophylls and lutein, pigments similar to beta carotene, which help develop healthy eyes, aid in the fight against macular degeneration, may prevent lung and other cancers and reduce the risk of atherosclerosis. Yellow carrots also came from the Middle East. Purple carrots have even more beta carotene than orange ones, and get their pigment from an entirely different class of antioxidants, the anthocyanins; these originate from Turkey, and the Middle and Far East and were used to dye the clothes of Afghan royalty.

Carrots contain more carotene than any other fruit or vegetable. The body converts carotene, a cancer-fighting antioxidant, to vitamin A which plays an important role in vision, reproduction, bone growth and regulating the immune system. Besides carotene, carrots also have glutathione, calcium (in an easily-absorbable form) and potassium, the vitamins A, B1, B2, C, and E as well as the minerals copper, iron, magnesium, manganese, phosphorous and sulphur. Carrots may be better for you cooked than raw. Although cooking destroys some of the vitamin C, cooking releases the beta-carotene and cooking with fat (butter or olive oil) enables the body to better absorb vitamin A. The raw way to get the carotene in carrots is to juice them, though you don't get the health benefits of the fiber. Researchers have also found that boiling or cooking carrots before slicing them increases their anti-cancer properties by 25%.

Ideas for carrots: Keep eating them raw! Carrot-ginger soup, grated carrot salads, carrot cake, Ginger carrot soup, carrot juice, pickled carrots

Purple Carrots!!?? Carrots, like many veggies used to come in lots of different colors. Story has it, a king (I should do some research here, I know! I can't remember where I read this) only liked the flavor of the orange ones, He outlawed all other colors. So seeds for other colors disappeared over the centuries. 8 years ago, Jed and I did not like the flavor of the purple carrots available, but as more heirloom seeds are discovered, propagated and developed for flavor, these ones met our criteria! We hope you enjoy them also.

Carrots can be stored in a plastic bag in the fridge for months!

Recipes:

Quinoa, Carrot, & Leek Patties

4c quinoa

3 leeks finely chopped

2 carrots peeled & grated

2TBS olive oil

3 eggs

3 sprigs parsley chopped

Salt and pepper

Rinse quinoa under cold running water. Cook in a pot of boiling salted water for 15 minutes. Drain & set aside. In a skillet heat 1TBS olive oil, stir fry the leeks & carrots for 15 minutes, season with salt & pepper. Combine quinoa, carrots, leeks, eggs & parsley. Form into small patties. Heat remaining oil in pan & cook the patties for 3 minutes on each side. Drain patties of any hot oil, transfer to a serving dish. Serve hot, warm or cold with a green salad.

Beet & Carrot Detox Bake (Feel free to use whatever amount & proportion of beets & carrots)

Beets peeled & cut into ½ inch cubes

Carrots peeled & cut into ½ inch slices

Olive oil

Salt & pepper

Thyme

Preheat oven to 400 degrees, place the carrots & beets on a single layer on 2 separate sheet trays, and drizzle with enough olive oil to coat all of the vegetables. Sprinkle thyme, salt & pepper, place in oven. Time will depend on quantity, carrots cook faster than the beets. They should be lightly caramelized & tender when finished.

Beet Salad with Carrots

2 large carrots

1 large crisp apple

2 medium beets

1c mint roughly chopped

Dressing: ¼ c apple cider vinegar

¼ c olive oil

1TBS honey

¾ ground cumin

Salt & pepper

In a medium bowl whisk together all of the dressing ingredients. Using a mandolin with a 1/8 blade shred the carrots & apple & place them in a large bowl. Shred the beets with the mandolin then rinsed them under cold running water 3-4 times. (You can also grate the veggies) Add the beets & the mint to the bowl with the carrots & apple. Pour the dressing over & toss to coat well.

Detoxifier Juice

1 beet

1 carrot

1 apple

1 lemon

Wash all ingredients, no need to peel them, chop them into chunks, and push through a juicer. Consume immediately.

Beef Pastries with Carrots and Parsnips

Your favorite pastry dough (store-bought or homemade)

¾ lbs. of sirloin diced in small cubes

1 cup carrot julienned

1 cup parsnip cubed

1 small onion diced

1tsp apple cider vinegar

1 tsp olive oil

½ tsp thyme

2 TBS fresh chopped basil

Salt and pepper

1egg (optional)

Dijon (optional)

Add all ingredients except dough into a bowl or bag and allow to marinate for at least 30 min. Heat oven to 400. Make 8 discs of dough. Each disc should be about 7-8 inches wide. Fill each disc with ½ cup mixture. Brush with optional egg

wash. Fold both sides up over the filling and crimp in center. Bake on baking sheet lined with parchment paper for 15 minutes, then lower temp to 350 and bake another 30 min. Cool slightly and serve with Dijon.

Parsnip, Carrot, & Lentil Soup

4 large parsnips chopped
4 large carrots chopped
3/4 C red lentils
3 pints stock (or more if you like your soup thinner)
1 large or 2 small onions chopped
3 cloves garlic
2 TBS olive oil
1 tsp cumin
1 tsp coriander, thyme, marjoram, salt and pepper

In a large pot, sauté the onion and garlic in the oil. Add the parsnips, carrots, and rosemary. Cook for about 5 minutes. Next, add the stock, spices, and lentils, Bring to a boil, stirring gently so the lentils don't stick. Once the soup boils, reduce heat and simmer for 30 minutes, or until the veggies softer and the soup is thick.

Carrot, Zucchini, & Parsnip Frittata

Melted butter, to grease
2 tsp olive oil
½ c grated zucchini
½ c grated carrot
½ c grated parsnip
2 green shallots finely chopped
3 eggs whisked
2TBS chopped parsley
1TBS flour
*optional cheese

Preheat oven to 400 degrees, Brush a square cake pan with melted butter. Heat the oil in a medium saucepan over medium heat. Add the zucchini, carrot, parsnip, & shallots, & cook, stirring for 4-5 minutes. Remove from heat & set aside for 10 minutes to cool. Combine vegetable mixture, egg, cheese, parsley, & flour in a large bowl & stir until well combined. Spoon vegetable mixture into prepared pan & smooth the surface. Bake in oven for 12 minutes. Remove from oven & set aside for 10 minutes to cool.

Wild Rice, Fennel & Carrot Soup

Olive oil
2 medium fennel bulbs, trimmed fronds reserved, thinly sliced
2 1/4 pounds carrots, thickly sliced
2 large cloves garlic, thinly sliced
10 cups broth or water
Salt to taste
3 cups cooked wild rice
5 Tbls fresh orange juice
Freshly grated Parmesan cheese

Sauté fennel in olive oil in large soup pot until softened a bit, 3-4 min. Stir in the carrots & cook 10 min, just until barely softened. Stir in the garlic and cook 30 seconds. Stir in the broth. Bring to a simmer and simmer, covered, until the

carrots are very tender, another 15-20 min or so. Stir in the wild rice, bring back to a simmer, taste and add more salt if needed. Remove from heat and stir in orange juice. Taste and add more if needed. Garnish with parmesan cheese and fennel fronds. *101cookbooks.com

Caramelized Fennel with Beans, Carrots & Chile and Soy Drizzle

- 1 large fennel bulb
- 1 Tbsp. plus 2 tsp. olive oil, divided
- 1 lb. broccolini (about 1 bunch), tough ends trimmed
- 2 medium carrots, skin peeled, then peeled into thick ribbons with a vegetable peeler
- 2 cloves garlic, sliced thin, plus 1 clove garlic, minced, divided
- 1 medium shallot, minced
- 1/4 tsp. red pepper flakes
- 1/4 tsp. sesame oil
- 2 tsp. low-sodium soy sauce
- 1 tsp. raw organic honey
- 1/4 cup balsamic vinegar

Cut stems, root end and core from fennel and slice bulb very thin. Coat bottom of a large straight-sided sauté pan over medium-high heat with 1 tablespoon olive oil. When oil is hot, add fennel and sauté for 5 minutes, until it begins to brown. Add 1/2 cup water, beans, carrots and sliced garlic to fennel and cover pan. Reduce heat to medium and let vegetables steam for 20 minutes, until beans are tender, Remove lid, increase heat to medium-high and continue to cook until nearly all liquid at the bottom of the pan has evaporated. While the vegetables cook, make Chile soy drizzle. Add remaining 2 teaspoons olive oil to a small sauce pot over medium heat. Add minced garlic and shallot and sweat them for 2 minutes. Stir in pepper flakes, sesame oil, soy sauce, honey and vinegar. Simmer for 10 minutes. *Clean Eating

Fermented Ginger Carrots (Farm Family Favorite)

- 4 cups grated carrots
- 1 Tbls fresh grated ginger
- 1 Tbls sea salt (2 Tbls if not using whey)
- 4 Tbls whey (optional)

In a medium-sized bowl, mix grated carrots, grated ginger, sea salt, and whey. Once all ingredients are evenly distributed, move them to a quart-sized canning jar. Press mixture down tightly into vessel with either a wooden utensil or clean hands. Pack them down tightly enough that the liquid brine covers the shredded carrots completely. Seal with a lid and ferment at a cool room temperature, 60° to 70°F, for 5 to 10 days or until bubbly and tangy to your liking. Move jar to cold storage.

Curry Carrot Soup

- 1 onion
- Coconut oil
- 2 Tbls curry powder
- Pinch of cayenne (optional)
- 1 garlic clove, minced
- 4 carrots, chopped
- 1 can full-fat coconut milk
- 1 Tbls fish sauce
- Walnuts

Pomegranate seeds

Dice an onion and sauté in coconut oil in a soup pot until translucent. Add curry powder, cayenne, garlic, and carrots and mix together. Add coconut milk and fish sauce and simmer until the carrots are tender. Blend the soup with a hand-held blender or in a blender to the consistency you want. Top with chopped walnuts and pomegranate seeds.

Ginger Miso Soup w/ daikon, collards and carrots

2 cups water, divided

1/4 cup white miso

1 Tbls lemon juice

1 1/2 tsp grated fresh ginger

2 cups finely chopped collards

1 cup diced daikon

1 cup diced carrots

Put 1/2 cup of water and the miso in a medium pot. Mix the miso with the water until it is diluted to a thin paste. Stir in the remaining 1 1/2 cups water, lemon juice, and ginger. Place over medium-low heat and bring to a very light simmer, reducing heat as necessary. Add the collards; continue to simmer, stirring occasionally, until the collards are tender, about 10 minutes. Stir in the daikon and carrots and cook until the vegetables are just tender, 5 to 7 minutes more.

Serve immediately. *Farmer John's Cookbook

Creamy Dilled Carrot Slaw

1 lb. carrots, grated

3 scallions, finely chopped

2 Tbls chopped fresh dill

1 Tbls olive oil

1/2 cup buttermilk

2 Tbls lemon juice

Salt and pepper

Combine the carrots, scallions, and dill in a medium salad bowl. Add the oil and toss to coat. Add the buttermilk and lemon juice. Season to taste with salt and pepper. Cover and let stand for at least 30 minutes, or up to 2 hours to allow the flavors to develop. Stir well and adjust the seasonings before serving.

Morning Glory Muffins

1 cup golden raisins

2 cup all-purpose flour

1 c. sugar

2 t baking soda

2 t cinnamon

1/2 t salt

2 cup grated carrot

1 tart green apple, peeled and diced

1/2 cup sliced almonds

1/2 cup shredded coconut

3 large eggs

2/3 cup butter, melted and cooled

2 t vanilla extract

Preheat oven to 350. Melt butter to allow it to have time to cool. Cover raisins with hot water and let soak for 20-30 min; drain well. Grease muffin cups or use paper liners. In a large bowl, sift together flour, sugar, baking soda, cinnamon and salt. Add drained raisins, carrots, apple, almonds and coconut; stir to combine. In a small bowl, whisk together eggs, butter and vanilla. Add the egg mixture to the flour mixture; stir just enough to combine. Spoon batter into muffin cups. Bake for 20-25 min. Remove muffins from oven and let cool in the pan for 5 minutes. -High Altitude Baking

Wild Rice, Fennel & Carrot Soup

Olive oil

2 medium fennel bulbs, trimmed fronds reserved, thinly sliced

2 1/4 pounds carrots, thickly sliced

2 large cloves garlic, thinly sliced (or more)

10 cups broth or water

Salt to taste

3 cups cooked wild rice

5 T fresh orange juice

Freshly grated Parmesan cheese

Sauté fennel in olive oil in large soup pot until softened a bit, 3-4 min. Stir in the carrots & cook 10 min, just until barely softened. Stir in the garlic and cook 30 seconds. Stir in the broth. Bring to a simmer and simmer, covered, until the carrots are very tender, another 15-20 min or so. Stir in the wild rice, bring back to a simmer, taste and add more salt if needed. Remove from heat and stir in orange juice. Taste and add more if needed. Garnish with parmesan cheese and fennel fronds. -101cookbooks.com

Carrots, Potatoes Roasted with Onions & Garlic

5 large carrots cut diagonally in 1.2" slices

2 med potatoes cut in bite-size chunks

4 turnips cut in bite-size chunks

1 med. onion, cut into eighths

2 cloves garlic, diced

6 T butter, melted

Salt & pepper

Preheat oven to 425 degrees. Combine carrots, potatoes, turnips, onions & garlic with melted butter in 8x8 square glass pan. Season generously with salt & pepper, toss. Cover pan with aluminum foil and bake for 45 min. Uncover, stir and continue baking for another 30 min, stirring occasionally to lift bottom portions to top to allow to brown and crisp.

Carrot Oatmeal Cookies

1 cup whole wheat pastry flour

1 t baking powder

Scant 1/2 t fine grain sea salt

1 cup rolled oats

2/3 cup chopped walnuts

1 cup shredded carrots

1/2 cup real maple syrup, room temperature

1/2 cup unrefined coconut oil, warmed until just melted

1 t grated fresh ginger

Preheat oven to 375 degrees and line two baking sheets with parchment paper. In a large bowl whisk together the flour, baking powder, salt, and oats. Add the nuts and carrots. In a separate smaller bowl use a whisk to combine the maple

syrup, coconut oil, and ginger. Add this to the flour mixture and stir until just combined. Drop onto prepared baking sheets, one level tablespoonful at a time, leaving about 2 inches between each cookie. Bake in the top 1/3 of the oven for 10 - 12 minutes or until the cookies are golden on top and bottom. -101cookbooks.com

Carrot Ginger Dressing

1 medium carrot, roughly chopped
2 T chopped peeled ginger
1 t packed light brown sugar
2 T rice vinegar (not seasoned)
1 t fresh lemon juice
2 t low-sodium soy sauce
2 t sesame oil
Kosher salt

Put the carrot and 1 cup water in a small saucepan. Cook until tender over med-low heat and cook until tender, about 15 min. Reserve ½ cup cooking liquid, then drain the carrot. Puree the carrot and reserved cooking liquid in a blender until smooth. Add the ginger, brown sugar, vinegar, lemon juice, soy sauce, sesame oil and teaspoon salt; pulse until smooth.

Roasted Root Vegetable Medley Make this recipe & use the vegetables in salads, eggs, served with quinoa, the options are endless.

8-12 slender carrots, peeled and trimmed
4-6 turnips, peeled
6-8 fingerling potatoes, scrubbed and cut lengthwise in halves
1-2 medium onions, trimmed, peeled and halved, each 1/2 cut into quarters
2-4 small beets, peeled and cut into thick wedges
1 whole head garlic, separated into cloves, unpeeled
2-3 sprigs fresh rosemary, sage, or thyme
Salt & freshly ground black pepper
Extra-virgin olive oil

Preheat the oven to 400. Put all the vegetables and the herb sprigs in a large baking dish. Season well with salt and black pepper, drizzle generously with olive oil, and toss them with your hands to coat them evenly. Bake until they are tender and golden brown, about 45 minutes. -Food Network

Leftover Roasted Vegetable Scramble (the recipe above!) When adjusting to lower temperatures, this fall breakfast recipe could be your new best friend. Make an omlette or breakfast sandwich and you'll surely feel warm and fuzzy inside.

1-2 large spoonfuls of leftover roasted vegetables
1-2 handfuls of chopped kale
2-4 eggs, whisked
Salt & pepper to taste
Combine ingredients & cook!

Roasted Carrot & Sweet Dumpling Squash Bisque

6 medium/large carrots - cut into sticks
1 medium/large sweet dumpling squash - seeded, stems removed & cubed
1 large red onion - quartered
2 t canola oil
1 t coriander

3 t cumin
¼ t cardamom
2 t good salt
1 bay leaf
6-8 cups water

Optional toppings: chopped parsley & baked carrot chips or pumpkin seeds.

Pre-heat oven to 425 on a rimmed baking sheet spread prepared carrots, sweet squash & onion, toss with canola oil. Roast for 20-30 min checking and tossing veggies at the half way point until roasted golden. In a soup pot over medium heat toast spices until fragrant (coriander through cardamom). Add roasted veggies, salt, bay leaf and 6-8 cups water, bring to a boil, reduce heat & cover- simmer on low for 20 minutes. Remove from heat, with an immersion blender blend soup until smooth and creamy. -Sunday Morning Banana Pancakes

Baked Carrot Fries

1 1/2 lbs. carrots
1 t sugar
2 T olive oil
½ t salt
2 T fresh rosemary, finely chopped
1 pinch pepper

Heat oven to 425. Line a shallow pan with foil. Using a knife, slice away the tip and end of each carrot; peel each completely. Cut carrots in half crosswise, then cut lengthwise, then cut lengthwise again. In a mixing bowl, combine the carrot sticks, olive oil, rosemary, sugar, salt and pepper. Stir until all are evenly coated. Place carrots in pan, spreading sticks out as much as possible. Bake for 20 minutes or until carrots are tender. Serve with Cosmic beef burgers or your favorite veggie patties.

Pickled Daikon & Carrot Salad

½ cup distilled white vinegar
¼ cup white sugar
1 small carrot, peeled and cut into matchsticks
1 daikon radish, peeled and cut into matchsticks
2 T chopped fresh cilantro
1 Chile pepper, seeded and chopped

Heat vinegar and sugar in a saucepan over low heat until sugar is dissolved. Remove from heat, and refrigerate to cool. Place daikon and carrot in a glass jar with the cilantro and Chile peppers. Pour the cooled vinegar mixture over, submerging the vegetables. Cover and refrigerate for at least 4 hours, or overnight.

Carrot, Bean and Bok Choy Stir Fry

1 t. peanut oil
3 T. minced shallots
2 carrots, sliced diagonally
1 c. fresh green beans, cut into 1 inch pieces
1 c. chopped bok choy
1/3 c. vegetable broth
1 T. soy sauce

Heat the oil in a wok or skillet over high heat. Add the shallots and sauté for 3 min. Add the carrots and stir fry for 3 min. Add the green beans and stir fry for 2 min. Add the bok choy and stir fry for 2 min. Add the broth and simmer for 2 minutes. Add the soy sauce and serve over rice, rice noodle or on its own. ~Great with Cosmic Apple Beef Stir-fry!

Braised Carrots and Fennel

6 large carrots, peeled

2 large bulbs fennel

1 large onion

1 t. sugar

Salt

2 T. olive oil

3 T chopped dill

3 T chopped chives

Slice the carrots ½" thick on an angle. Quarter the fennel bulbs lengthwise, cut into bulb to remove core and thinly slice, or roughly chop. Reserve ¼ c. chopped fennel fronds. Halve and slice the onion. Fill a skillet with ¼" water. Add vegetables then sprinkle with sugar and salt and drizzle with 2 T. olive oil. Simmer covered 20 min. and uncovered for 5 min. and adjust salt. Toss vegetables with fennel fronds, dill and chives.

Simple Stir-Fry

Bok choy, chopped coarsely, about 2 c.

½ c. chopped onion

1 c. thinly sliced carrot

1 tsp. sesame oil

½ tsp. soy sauce

Black pepper to taste

Heat oil in a wok or large frying pan on high. Add carrots and sauté about a minute. Add bok choy and onion. Sauté about four minutes or until bok choy is wilted (but stems are still kind of crunchy). Add pepper and stir in the soy sauce right at the end. ~This would be great over rice with Cosmic Apple Beef Stir fry!

Carrot Soup It's great to make a big batch of and freeze for winter meals!

¼ c. (1/2 stick) butter

1 ½ c. chopped onion

1 T. finely chopped fresh ginger

1 ½ t. minced garlic

1 ¼ lbs. Med. carrots, peeled, chopped (about 3 c.)

2 tomatoes, seeded, chopped (about 1 1/3 c.)

1 1/2 t. grated lemon peel

3 c. (or more) chicken stock

2T. fresh lemon juice

4 T. sour cream

1 small carrot, peeled, grated

Melt butter in heavy large pot over med-high heat. Add onion; sauté 4 min. Add ginger and garlic; sauté 2 min. Add chopped carrots, tomatoes and lemon peel; sauté 1 min. Add 3 c. stock and bring to boil. Reduce heat, cover partially and simmer until carrots are very tender, about 20 min. Cool slightly. Puree soup. Return soup to pot. Mix in lemon juice. Season with salt and pepper. (Can be made 1 day ahead. Cover and chill.) Bring soup to simmer, thinning with more stock, if desired. Ladle into bowls. Top each with sour cream and grated carrot.

NAMASU

8 oz. daikon radish
1 lg. carrot
1 t. lemon peel
2 T. sugar
½ c. rice vinegar 1 ½ t. salt
1 T. lemon juice

Slice daikon crosswise and cut each slice into thin strips. Cut carrot crosswise into 2" wide pieces. Slice each piece and cut into thin strips. In a bowl, mix daikon and carrots and sprinkle 1 t. salt and squeeze. Let stand 5 min. Rinse under cold running water, drain and squeeze well. Cut lemon peel into thin strips and mix with daikon mixture, set aside. Combine sugar, vinegar, lemon juice and ½ t. salt and stir until sugar and salt are dissolved. Pour vinegar mixture over daikon mixture and let stand 1 hour. Makes 4 servings

Sautéed Leeks and Carrots

1 T. olive oil
¼ c. dry white wine
Pinch of nutmeg, optional
3 med leeks, white and palest green parts only, chopped and very well rinsed
4 large carrots, peeled and sliced Salt and freshly ground pepper to taste

Heat the oil and wine in a wide skillet. Add the leeks and carrots, cover, and cook over med-low heat, for about 8 to 10 min, or until tender-crisp. Uncover and sauté, stirring frequently, until the leeks and carrots begin to turn golden. Stir in the nutmeg, if desired, season with salt and pepper, and serve.

Roasted Carrot and Tomato Soup with Basil

1 large onion, thinly sliced
2 lbs. tomatoes, halved lengthwise
1 lb. carrots, peeled, cut into ½ "thick rounds
2 garlic cloves, unpeeled
1 tablespoon olive oil
2 1/2 cups water
2 3/4 cups (about) milk
1/2 cup thinly sliced fresh basil

Preheat oven to 400°F. Arrange onion, tomatoes, carrots and garlic cloves on oiled baking sheet. Drizzle with oil. Sprinkle with salt and pepper. Roast until vegetables are tender and brown, turning occasionally, about 55 min. Cool slightly. Peel garlic cloves. Transfer vegetables to large bowl (do not clean baking sheet). Add 1 cup water to baking sheet, scraping up browned bits; add to blender, then add half of vegetables and puree until smooth. Transfer to large saucepan. Add remaining vegetables and 1 ½ cups water to blender and puree. Transfer to same saucepan. Gradually add enough milk to soup too thin to desired consistency. Stir in 1/4 cup basil. Simmer 10 minutes to blend flavors. Season with salt and pepper. (Can be made 6 hours ahead.) Cover; chill. Bring to simmer before continuing.) Ladle soup into bowls. Sprinkle with remaining 1/4 cup basil and serve.

Stir-fry of Napa Cabbage and Carrots

1 T. peanut or veggie oil
2 cloves garlic, minced
1 T. ginger, minced

8 oz. Shredded carrots
1 med. head Napa cabbage
2 T. soy sauce
1 t. toasted sesame oil
½ t. jalapeno, minced

Heat oil in wok or skillet, add garlic and ginger. Add carrots, cook for 3 min. Add cabbage, cook until tender, about 3 min. Add soy sauce, sesame oil, and jalapeno and stir well. Serve immediately with chives, parsley or cilantro. From The Joy of Cooking

This recipe was sent in by Holly Pratt. It looks really simple and satisfying. (Shareholder Favorite)

1 Bunch of washed & thinly slice Kale
1/3 c finely chopped carrots
1/3 c. finely chopped summer squash
1/3 c. finely chopped bell pepper

Dressing: ¼ c lemon juice

¼ c. Soy sauce

¼ c. olive oil

Clove or 2 of crushed garlic (I like lots)

Mix veggies together. Mix dressing together. Pour dressing over veggies and chill. Can be eaten at any time, and the longer it marinates the more flavorful it becomes. This is one of my family's favorites with grilled fish & brown rice! Super simple and you'll forget how good it is for you!

Carrot and Daikon Salad

2 carrots

7" chunk of Daikon

1t. Salt

2t. Soy Sauce

1 ½ t. Rice Wine Vinegar

½ t. minced jalapeno

2 t. Sesame Oil

1 T. Roasted Sesame seeds

Julienne Daikon and Carrot. Put veggies in bowl with salt, mix well. Set aside for 30 min. Drain and put in a clean bowl. Add the rest of the ingredients and toss well. Serve.

Merav's Carrot Soup (Workshare Lunch)

Carrots

Onion

Ginger

Vegetable oil

Coconut Milk

Salt + Pepper

Jalapeno or Cayenne

Boil carrots in water. Sauté onion and ginger in oil. Puree Carrots, onions and ginger in blender. Add enough water from carrot cooking water to make a nice consistency. Add a can of coconut milk, Salt, Pepper and Jalapeno or Cayenne. This soup freezes marvelously.

Butter Lake Root Bake! (Workshare Lunch)

Potatoes

Leeks

Garlic

Fennel

Onions

Carrots

Butter

(Options: beets, shitakes, parsnips, rosemary)

Cut all veggies into 1" chunks. Leave garlic cloves whole. Quarter the onions. Put in a baking dish or Dutch oven. Put a lot of butter on top. (It's called "Butter Lake" for a reason!) Bake at 350° for 30 minutes. Stir. Bake for another 30 minutes. Serve with cheese bread.

Sweet Carrot Raita

2 c. grated carrot

2 T. Lime Juice

1 T. Honey

¼ t. Cayenne

Combine all ingredients. Mix well. Press lightly to make juice. Adjust so it tastes mildly sweet and mildly hot. Serve at room temp.

Carrot Tzimmes Traditional for Rosh Hashanah, the carrots symbolize gold coins for prosperity and the honey symbolizes the hope of a sweet New Year.

2 tablespoons butter

About a pound of carrots, sliced into rounds about ½"

Juice of one orange

½" piece of fresh ginger, cut into slivers

½ cup water

Salt and pepper to taste

2 tablespoons honey

Heat the butter in a large saucepan, stir in the carrot slices and remaining ingredients. Bring to a boil, reduce the heat, cover and simmer for 10 minutes, then remove the lid and simmer just till most of the liquid is evaporated and the carrots are well-glazed.

Spicy Moroccan Carrot Salad Versions of this salad can be found all over North Africa and the Middle East. Ranging from sweet and slightly tangy to fiery hot, each area seems to have its own take on the dish.

About 1 lb. trimmed and peeled carrots

3 tablespoons olive oil

2-3 cloves garlic, minced or crushed

½ teaspoon salt

1 teaspoon sugar, optional but good

1 teaspoon toasted, crushed cumin seed, optional but authentic and delicious

Juice of half a lemon

1-2 teaspoons to 1-2 tablespoons very finely minced hot pepper, or ½ to 1 teaspoon crushed red chili pepper flakes – I prefer a variety from Turkey called 'Aleppo', when fresh is not available

3-4 tablespoons chopped fresh herbs like parsley, dill, oregano, basil, chives, cilantro or fennel leaves for garnish

Grate the carrots on the large side of the grater. Place in a large mixing bowl and add half the herbs, then the salt, sugar, oil, garlic, cumin seeds and hot peppers or chili pepper flakes and toss to combine flavors. (Optionally, you can heat the olive oil in a small pan and quickly cook the garlic and cumin for a few moments, to both soften and deepen the flavors, cool, and then add this mixture to the rest of the salad). Place into a serving dish, sprinkle with the remaining herbs, and serve. Also delicious stuffed inside wraps, maybe with some grilled chicken, avocado and greens? It's crisp, crunchy texture and bright flavor make it an easy dish to bring to the pot-luck!

Sweet and Sour Pork & Leek Stir-Fry Sweet, sour, spicy and better for you than the usual deep-fried & heavily sauced version.

1 pork tenderloin, sliced thinly into medallions

2 tablespoons cornstarch, divided

1 bunch leeks, cleaned well, trimmed & sliced thin diagonally, white & tender green parts

1 onion, peel, halved and sliced thinly

1 hot pepper, cut into julienned strips

1 bell pepper, julienned

2-3 carrots, sliced thinly

2 tablespoons dry white wine or dry sherry

¼ cup soy sauce, preferably Tamari-style

3 tablespoons rice vinegar, seasoned is OK

¼ cup apricot, pineapple or mango preserves

2 tablespoons cold water

¼ cup vegetable oil, divided

1 teaspoon Chinese 5-Spice, Thai Seasoning, or another Asian-inspired mix of your choice

1 teaspoon black pepper

Hot Garlic-Chili or Sweet Chili Sauce, to serve

Dust the pork pieces with half the cornstarch and allow to sit for a few minutes while you prepare the rest of the ingredients. Heat a large wok or skillet over medium-high and add half the oil. Add the pork pieces and arrange in a single layer along the bottom of the pan. Turn once, after 2-3 minutes, or till pieces are slightly golden brown. Remove from pan and set aside. Heat the remaining oil and stir-fry the veggies till tender-crisp and slightly charred. Add your spices and black pepper. Deglaze the pan with the sherry and whisk together the cold water, remaining cornstarch, soy sauce, preserves and rice vinegar. Add to the pan and stir, cooking, till mixture thickens slightly. Add back in the pork, and gently turn to coat thoroughly. Serve hot with plenty of steamed rice. You can add more hot chili peppers or fresh minced ginger to this dish if you like, or use chicken rather than pork.

Classic Carrot Salad Great for school lunches!

Mix: 3 cups grated carrot

2/3 cup sour cream

A few dashes of cinnamon or nutmeg

A pinch of salt and sugar

2/3 cup raisins

Also try adding slivered toasted almonds, dried currants, cranberries or cherries, or add some grated tart apple to the mix. Also great when you swap the sour cream for yoghurt.

Cosmic Carrot Cake

1 ½ cups finely grated carrot (mix up your colors!)

A half cup crushed pineapple, drained

1 cup golden raisins

1 cup chopped toasted walnuts or hazelnuts

½ teaspoon salt

2/3 cup vegetable oil

3 eggs, beaten

1 ½ cups all-purpose flour

1 cup light brown sugar

1 ½ teaspoons baking soda

1 teaspoon baking powder

1 teaspoon cinnamon

½ teaspoon EACH of any or all of the following: ground nutmeg, cardamom, ginger, cloves, allspice, etc....

Mix together dry ingredients, and then toss in the carrot, nuts and pineapple. Beat in the wet ingredients and mix for about a minute (50-60 strokes). Pour into a 13"x9" well-greased baking pan and bake at 350* for 35-40 minutes or until a toothpick in the center comes out clean. Allow to cool, frost, if desired, and serve. (Easy cream cheese frosting: beat 1 8oz. package cream cheese with ½ stick softened unsalted butter, 2 cups powdered sugar, 1 teaspoon vanilla, the grated zest of 1 lemon or orange. Whip till smooth and frost!)

Gujarati Carrot Salad This spicy, colorful Indian dish is a great pot-luck offering anytime!

3 cups grated carrots

1 chili pepper (your choice), minced

A half cup salted, roasted peanuts or cashews, chopped

Pinch of sugar (raw or brown)

1 large handful chopped cilantro

Juice of half a lemon or lime

A few drizzles of olive oil

Toss all ingredients except the chopped nuts and cilantro together thoroughly till well combined. Allow to sit for 15-20 minutes before serving, to let flavors combine. Garnish with the nuts and cilantro just before serving.

Woodstock Carrot Salad Apparently there's a small market in Woodstock, Vermont that serves a similar salad – with a cult following among locals.

2 pounds carrots, peeled and sliced diagonally

2-3 cloves minced fresh garlic

¼ cup olive, hazelnut, sunflower or walnut oil

Salt and pepper to taste

½ cup sliced or slivered toasted almonds

1/3 – ½ cup dried cranberries

1 cup crumbled blue cheese

1 teaspoon honey, preferably raw

1 tablespoon apple cider vinegar

3-4 cups Cosmic Mix, to serve

Toss the carrots, garlic and oil together and spread on a sheet, then bake @ 400* for 30 minutes till slightly browned.

Toss gently in a mixing bowl with the honey, vinegar, salt, pepper, cheese, cranberries & nuts. Just before serving, spoon portions on top of fresh salad greens. Enjoy!

Amish Carrot Bread

2 cups unbleached flour

1 & 1/3 cups sugar
2 teaspoons baking powder
2 teaspoons cinnamon
1 cup chopped pecans, optional
2 & 1/2 cups grated carrot
1 & 1/2 cups vegetable oil
3 eggs
2 teaspoons vanilla extract

Mix together dry ingredients, then toss in the carrots and stir to coat. Add in the pecans, if you are using them, then the eggs, oil and vanilla. Beat thoroughly till well-combined. Pour into a well-greased 10" tube pan (please do use one, if you've got it, otherwise it can be tricky getting the center to cook as thoroughly as the edges!) and bake at 325* for an hour and fifteen minutes or till a toothpick comes out clean. Remove from heat, allow to cool a bit, and then turn out. Cool before slicing. **If you don't own a tube pan, reduce the heat to 315* and bake for an hour and 25-30 minutes, or until a toothpick comes out clean. Delicious and simple.

Italian-American Coleslaw

6 cups shredded cabbage
1 cup very thinly sliced onions
1/3 cup fresh shredded basil
3 tablespoons minced fresh dill
1 clove crushed garlic
1-2 grated fresh carrots, optional
1 hot chili pepper, minced (banana pepper!)

For the Dressing:

1/2 cup mayonnaise
2 tablespoons sugar or honey
2 tablespoons cider vinegar
2 tablespoons half and half
1 teaspoon black pepper & salt to taste

Whisk the dressing ingredients together in a large mixing bowl. Add the remaining ingredients and toss to coat the salad thoroughly. Serve immediately or chill for up to 8 hours before serving.

Carrots au Gratin This is a quick, satisfying side-dish. Try it!

4-5 cups sliced carrots (1/2" thick)
1/2 finely minced onion
1 clove crushed garlic
1 tablespoon minced fresh parsley
3 tablespoons butter, melted
3 tablespoons all-purpose flour
1 & 1/2 cups milk
1 cup grated cheese (Cheddar, Jack, Gruyere, Fontina, Gouda, etc....)
3/4 cup crushed crackers, for topping

Sauté the carrots, onions and garlic in 1 tablespoon of the butter just till soft. Add the parsley, salt, pepper, flour, milk and cheese and pour into a casserole dish. Mix the cracker crumbs with the remaining butter and evenly sprinkle over the top of the dish. Bake in a preheated 350* oven for 20 minutes or until bubbly and golden.