

CARROTS



IN SEASON

February – July & October – November

HOW TO SELECT

Choose smooth, firm, crisp carrots with deep color & fresh green tops. Avoid soft, wilted, or split carrots.

HOW TO STORE

Refrigerate carrots in water in an airtight container up to 1 month. If carrots have greens, remove & store in a sealed plastic bag wrapped in a damp paper towel up to 2-3 days.

HELPFUL TIPS

Carrot top greens are tasty & full of vitamins & minerals. They add flavor to soups, salads & other recipes. If carrots become limp place in a bowl of ice water to restore crispness.

CARROT CHICKEN STIR FRY

CARROTS



Nutrition Facts

Serving size: 1/4th recipe (225g)

Servings Per Recipe 4

Amount Per Serving

Calories 220 Calories from Fat 90

% Daily Value

Total Fat	10g	15%
Saturated Fat	1g	4%
Trans Fats	0g	
Cholesterol	60mg	20%
Sodium	280mg	10%
Total Carbohydrate	10g	4%
Dietary Fiber	4g	10%
Sugars	4g	
Protein	23g	
Vitamin A	10%	Vitamin C 60%
Calcium	4%	Iron 10%

25 MIN | SERVES 4

INGREDIENTS:

- 1 Tbsp low-sodium soy sauce
- 1 lime, juiced
- 2 Tbsp water
- 1 tsp cornstarch
- 1 lb boneless, skinless chicken breasts, thinly sliced
- 1/2 tsp pepper
- 2 Tbsp canola oil, divided
- 3 cloves garlic, minced
- 1 tsp ginger
- 1/2 lb sugar snap peas, trimmed
- 2 medium **CARROTS**, thinly sliced

PREPARATION:

1. In a small bowl, combine soy sauce, juice, water & cornstarch. Set aside.
2. In a large skillet, heat 1 Tbsp oil over medium-high. Season chicken with pepper & add to skillet. Cook 4-5 minutes or until chicken is golden brown, stirring occasionally.
3. Reduce heat to medium. Stir in remaining oil, garlic, ginger & heat 1 minute. Add peas & carrots. Cook 4-5 minutes or until tender-crisp, stirring occasionally.
4. Add soy sauce mixture to stir fry. Remove from heat & serve immediately.