

# Carrot

## Nutritional Facts

One half cup of carrots contains:

- **Calories: 25**
- **Carbohydrates: 6 grams**
- **Fiber: 2 grams**
- **Sugar: 3 grams**
- **Protein: 0.5 grams**
- **Vitamin A: 73% of RDI**
- **Vitamin K: 9% of RDI**
- **Potassium: 8% of RDI**
- **Vitamin C: 5% of RDI**
- **Calcium: 2% of RDI**

Carrots are from the **Apiaceae** family, along with celery, dill, parsley and parsnips.

Carrots are full of antioxidants and contain many health benefits. Carrots are rich in **beta-carotene**, a compound your body changes into **vitamin A**. This helps protect your eyes from the sun and lowers your chances of cataracts and other eye problems.

The antioxidants in carrots are also great for **heart health**. The potassium in carrots can help you maintain a healthy blood pressure. The fiber can help lower your chances of heart disease.

## Healthy Cinnamon Carrots

- 1 lb carrots sliced into coins
- ½ cup orange juice
- 1 tablespoon honey
- ½ teaspoon cinnamon

1. In a large, wide-brimmed skillet, whisk together 1 cup of water with the orange juice, honey, and cinnamon. Add carrot coins. Cover skillet, turn heat to medium heat, and bring to a simmer.
2. Once carrots are simmering, leave covered and continue to simmer 10-12 minutes or until carrots are tender.
3. Remove cover and simmer an additional 8-10 minutes, until excess liquid has evaporated leaving the carrots glazed. Stir occasionally.
4. Serve immediately. These carrots reheat well and can always be made up to 24 hours in advance.

From: [www.nutritiontofit.com/cinnamon-carrots/](http://www.nutritiontofit.com/cinnamon-carrots/)

# Roasted Carrot Soup

- 2 pounds carrots
- 3 tablespoons extra-virgin olive oil, divided
- $\frac{3}{4}$  teaspoon fine sea salt, divided, to taste
- 1 medium yellow onion, chopped
- 2 cloves garlic, pressed or minced
- $\frac{1}{2}$  teaspoon ground coriander
- $\frac{1}{4}$  teaspoon ground cumin
- 4 cups vegetable broth (or water)
- 2 cups water
- 1 to 2 tablespoons unsalted butter
- 1  $\frac{1}{2}$  teaspoons lemon juice, to taste
- Freshly ground black pepper, to taste



1. Preheat the oven to 400 degrees Fahrenheit.
2. Peel carrots and then cut them on the diagonal so each piece is about  $\frac{1}{2}$ " thick.
3. Place the carrots on a baking sheet. Add 2 tablespoons olive oil and  $\frac{1}{2}$  teaspoon of the salt. Toss until the carrots are lightly coated in oil and seasonings. Arrange them in a single layer.
4. Roast the carrots until they're caramelized on the edges and easily pierced through by a fork, 25 to 40 minutes, tossing halfway.
5. Once the carrots are almost done roasting, in a Dutch oven or soup pot, warm the remaining 1 tablespoon olive oil over medium heat until shimmering. Add the onion and  $\frac{1}{4}$  teaspoon salt. Cook, stirring occasionally, until the onion is softened and turning translucent, 5 to 7 minutes.
6. Add the garlic, coriander and cumin. Cook until fragrant while stirring constantly, about 30 seconds to 1 minute. Pour in the vegetable broth and water, while scraping up any browned bits on the bottom with a wooden or silicone spatula.
7. Add the roasted carrots to the pot when they are out of the oven. Bring the mixture to a boil over high heat, then reduce the heat as necessary to maintain a gentle simmer. Cook for 15 minutes, to give the flavors time to meld.
8. Once the soup is done cooking, remove the pot from the heat & let it cool for a few minutes. Carefully transfer the hot soup to a blender, working in batches if necessary. Add the butter, lemon juice and several twists of black pepper. Blend until completely smooth. Add additional salt and pepper if necessary, to taste.

From: [www.cookieandkate.com/roasted-carrot-soup-recipe/](http://www.cookieandkate.com/roasted-carrot-soup-recipe/)