



# CREATING WITH COLOURFUL CARROTS

by Barb Kemp

What would dinner be like without carrots? Just like butter belongs on toast, carrots complement many meals with both colour and nutrition. This unassuming vegetable is often taken for granted; however, its colour makes a plate of food look appetizing. Bland food looks... well, boring.

This bright orange vegetable also equals nutrition. Recall your mother always telling you to "eat your carrots to help you see better in the dark." She was right (as mothers always are) because of the beta carotene found in carrots.

An easy way to entice kids to eat their veggies is to buy a bag of baby carrots. These aren't really babies. They are actually eight-inch long slender carrots that have been cut and shaped into two-inch pieces. They have become the potato chip of the vegetable world—it's hard to eat just one.

Now that spring is in full bloom, enjoy the true sweetness of fresh carrots by heading out to your nearest farmers' market. Fresh is always best. Refrigerate carrots promptly, away from apples or onions which can turn them bitter. Remove their tops to prevent drying out. Carrots are great roasted, glazed, juiced or baked into muffins.

## ROASTED CARROTS

Serves 4

Roasting brings out the sweetness in carrots. If you haven't tried roasting them, now is the time.

- 8 large carrots, cut in half, and then sliced lengthwise into quarters
- 2 tablespoons olive oil
- salt and pepper

Preheat oven to 400 degrees F. Toss carrots with olive oil and sprinkle with salt and pepper. Spread onto a baking sheet and roast in oven for 10 minutes, then toss and roast for another 10 minutes.

## ASIAN CARROT SLAW

Serves 6

- ½ cup mayonnaise
- 3 tablespoons brown sugar
- 4 tablespoons rice vinegar
- 1 tablespoon minced ginger
- 1 clove garlic, minced
- 3 tablespoons soy sauce
- 3 tablespoons peanut butter
- 6 cups thinly sliced green cabbage
- 2 large carrots, peeled and grated
- 4 green onions, chopped
- Salt and pepper

Whisk together the first seven ingredients in a small bowl. Combine cabbage, carrots and green onions in a large bowl. Add enough

dressing to coat, then toss and season with salt and pepper.

## CARROT MUFFINS

Makes 12

- 2 cups flour
- ½ cup brown sugar
- ½ cup white sugar
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- 1 ½ teaspoons cinnamon
- ½ teaspoon ground ginger
- ¼ teaspoon salt
- 2/3 cup vegetable oil
- 2 eggs
- 1 cup crushed pineapple with juice
- 1 cup grated carrot
- 1/3 cup raisins

Preheat oven to 350 degrees F. Line muffin tin with paper muffin cups. In a large bowl combine flour, brown sugar, white sugar, baking powder, baking soda, cinnamon, ground ginger and salt. In another bowl combine oil, eggs, and crushed pineapple. Add liquids to dry ingredients plus the carrots and raisins. Stir until just combined. Spoon into muffin cups. Bake 25 to 30 minutes or until toothpick comes out clean.

Barb Kemp writes Recipes To The Rescue, a free newsletter for the everyday cook. To request your free Recipes To The Rescue Newsletter, simply send an email to [recipestotherscue@shaw.ca](mailto:recipestotherscue@shaw.ca)