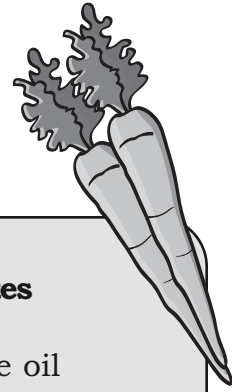


TRY THIS AT HOME: **Copious Carrots**



You will need:

2 whole carrots
1 teaspoon salt
1 teaspoon pepper

PREP TIME: 5–10 minutes

Water
1/2 tablespoon vegetable oil
Help from an adult

How do you bake a carrot?

1. Scrub carrots under running water to remove dirt from the surface. (Store carrots unwashed; only wash them when you are ready to use them.)
2. Get rid of any green leaves by trimming the ends of the carrots.
3. Use a vegetable peeler to trim thin slices from the outside of the carrot until the entire surface (outside layer) is peeled.
4. Cut carrots into 1 1/2 inch pieces.
5. Place carrots on a baking sheet and lightly sprinkle with oil, salt and pepper.
6. Bake in the oven at 400 degrees Fahrenheit for 20 to 30 minutes or until carrots are tender and lightly browned.
7. Serve while hot and enjoy!

SERVING SIZE: 1/2 cup

Quick Fix

Buy canned or frozen carrots and heat in microwave.

Fun Fact

Carrots contain beta-carotene (vitamin A), which gives carrots their orange color and helps with good eyesight. A half cup of carrots gives you 1/2 cup of vegetables on your way to the recommended 2 cups of vegetables per day.