



# Market Basket of the month

## November

The Market Basket of the Month featured vegetable is

## CARROTS



### Simple Serving Tips

Try adding these toppings on steamed or microwaved carrots.

- Cuman and lime juice or zest\*
- Lemon zest\*
- Fresh or dry dill
- Grated Parmesan or Pecorino cheese
- Slivered toasted almonds

\*Zest is the thin colored part of the skin. Use a zester or the small holes of a grater to scrape off the zest or use a knife to cut and finely chop a thin layer of the skin.

### Produce Tips

- Carrots are best stored in the refrigerator vegetable drawer. This helps to keep them tasty and crunchy.
- Avoid carrots that are wrinkled or soft.

### Apple Carrot Bake

#### Ingredients

Serves 8

- 5 medium apples, peeled and sliced (about 4 C.)
- 1 (14.5 ounce) can sliced carrots (may use 2 cups fresh or frozen steamed carrots)
- ¼ C. light brown sugar
- 1 T. flour
- 1 tsp. cinnamon
- 2 T unsalted butter
- ½ C. orange juice

#### Directions

1. Preheat oven to 350 degrees F.
2. Arrange apples and carrots in a 1½ quart greased casserole dish.
3. In a small bowl, combine brown sugar, flour, and cinnamon; sprinkle over carrots and apples.
4. Dot carrot and apple mixture with butter and cover with orange juice.
5. Bake uncovered for one hour or until sugar mixture caramelizes.

**Nutrition facts per serving:** 120 calories; 3g total fat; 2g saturated fat; 0g trans-fat; 10mg cholesterol; 125mg sodium; 24g carbohydrate; 2g fiber; 19g sugar; 1g protein

**Source:** University of Kentucky Cooperative Extension Service

### Healthy Eating Tip:

Orange vegetables like carrots are important for good health. MyPlate.gov suggests that teens and adults should eat a total of 4 to 6 cups of red and orange vegetables throughout the week. Children ages 4 to 8 should eat 3 cups of these vegetables, and children ages 2 to 3 should eat 2-1/2 cups each week.

### Nutrition Facts

**Serving Size** 1 cup, chopped (128g)

Amount per Serving

**Calories 52** Calories from Fat 0  
% Daily Value

**Total Fat 0g** 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol 0mg** 0%

**Sodium 88mg** 4%

**Total Carbohydrate 12g** 4%

Dietary Fiber 4g 14%

Sugars 6g

**Protein 1g**

**Vitamin A 430%** **Calcium 4%**

**Vitamin C 13%** **Iron 2%**

**Source:** www.nutritiondata.com

### Let's Move!

**Bicycles:** Lie on your back and move your legs like you're riding a bicycle. Be sure to keep your lower back flat on the ground.

**Balloon Dancing:** Stand back-to-back with a balloon in-between you and a partner. Put some music on and dance without dropping the balloon.

### Just the Facts

- People first grew carrots as medicine not food.
- Carrots were used as a food during the 13th century in Europe.
- Beginning in the 19th Century, carrots have been used for desserts like carrot cake.
- You'll get up to 39% more nutrients from eating cooked carrots rather than raw ones.

Market Basket of the Month is a WellSpan Community Health & Wellness Engagement.

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