



# Market Basket of the month

## November

The Market Basket of the Month featured vegetable is

## CARROTS



### Simple Serving Tips

**Roasted Carrots:** Heat the oven to 350 degrees. Cut the carrots in little slices. Toss in a bowl with a light drizzle of oil. Bake 30 minutes or until the carrots are tender. If you like, sprinkle with parmesan cheese before serving.

**Carrots with Guacamole:** Dip baby carrots in guacamole - homemade or premade. Look for mini containers of guacamole at the grocery store. It's a perfect snack for "on the go."

### 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.

### Carrots with Tomatoes and Macaroni

#### Ingredients

Serves 4

- 1 T. olive oil
- 1 onion (small, chopped)
- 4 plum tomatoes (chopped, from a can)
- ½ C. tomato juice (from a can)
- 6 carrots (large, peeled and sliced)
- ¼ tsp. salt
- ¼ tsp. black pepper
- ¼ tsp. sugar
- 2 T. fresh parsley (chopped, or 1 tsp. dried)
- 1 tsp. butter
- 1 C. elbow macaroni, cooked

1. In a saucepan, cook the onion in the oil until soft but not brown. Add the tomatoes, carrots, salt, pepper and sugar.
2. Cover and cook over low heat for 5 minutes. Remove the cover and cook over low heat, stirring often, for another 5 minutes, or until the carrots are tender and the tomatoes are cooked down to a sauce. Stir in the parsley.
3. Mix the butter with the cooked macaroni. Stir the carrot mixture into the macaroni and serve.

Source: ChooseMyPlate.gov/recipes

### For locally grown carrots, visit our Market Basket of the Month partners:

- Brown's Orchards & Farm Market
- Central Market York
- Flinchbaugh's Orchard & Farm Market
- Leg Up Farmers Market
- Miller's Plant Farm
- Penn Market

### 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!

**Football Toss:** Set up some targets and try to hit them with a football.

**Milk Jug Ball Toss:** Play catch using plastic milk cartons with the bottoms cut off and a small rubber ball or tennis ball.

**Scavenger Hunt:** Bundle up and go for a scavenger hunt in your neighborhood or at a local park. Make a list of specific items to find, like pinecones, rocks, etc.; or use descriptions, such as something brown, smooth, etc.

### Just the Facts

- Carrots grown to be sold in a grocery store are a larger variety than the type usually grown by local farmers.
- Queen Anne's Lace, a very common weed with a white lacey flower, is a wild carrot.
- When buying canned carrots and other veggies, look for "reduced sodium," "low sodium" or "no salt added" on the label.

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

To view monthly newsletters, go to: [www.wellspan.org/marketbasket](http://www.wellspan.org/marketbasket)

