



Market Basket *of the month*

November Recipe



Apple Carrot Bake

Serves: 8 (Serving size $\frac{3}{4}$ cup)

Ingredients:

- 5 medium apples, peeled and sliced (about 4 cups)
- 1 (14.5 ounce) can sliced carrots (may use 2 cups fresh or frozen steamed carrots)
- $\frac{1}{4}$ cup light brown sugar
- 1 tablespoon flour
- 1 teaspoon cinnamon
- 2 tablespoons unsalted butter
- $\frac{1}{2}$ cup orange juice

Directions:

1. Preheat oven to 350 degrees F.
2. Arrange apples and carrots in a $1\frac{1}{2}$ 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; 120% Daily Value of vitamin A; 20% Daily Value of vitamin C; 2% Daily Value of calcium; 2% Daily Value of iron.

Source: Rita May, Senior Extension Associate for Kentucky Nutrition Education Program, University of Kentucky Cooperative Extension Service

Parmesan Rosemary Carrot Fries

Serves: 4

Ingredients:

- 3 to 4 large carrots, peeled
- 3 Tbsp. olive oil
- $\frac{1}{4}$ c. grated Parmesan cheese
- 1 Tbsp. garlic powder
- Leaves from 4 sprigs of fresh rosemary, chopped
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{4}$ tsp. pepper

Directions:

1. Preheat oven to 400 F.
2. Peel and cut the carrots lengthwise to resemble the shape of french fries.
3. Mix olive oil, Parmesan, garlic powder, rosemary, salt and pepper in medium bowl. Add carrots and toss to coat.
4. Place carrots on baking sheet lined with parchment paper and bake for 15 to 20 minutes or until carrots become slightly crispy. Turn carrots over halfway through baking.

Nutrition facts per serving: 110 calories, 7 grams (g) fat, 3 g protein, 10 g carbohydrate, 2 g fiber and 290 milligrams sodium

Source: North Dakota State University Extension

Market Basket of the Month is a WellSpan Community Health & Engagement initiative. To view monthly newsletters, go to: www.wellspan.org/marketbasket

