Ciara the Carrot

January

It's January and we are really excited to introduce our new Superhero Vegetable of the month!

Can you guess who I am?



Who Am I?

- I amanorangestick that is sweet and crunchy.
- When I come out of the ground I have green leaves on top like a cool hairdo!

Did You Know?

- I amusually orange in colour although I can sometimes be purple, red, white, and yellow.
- I was first grown in the middle of Asia, 3,000 years ago.
- I am 88% water.
- The most carrots in the world are grown in China.

Where Can You Find Me?

- Igrow underthegroundwith my green leaves peaking out.
- I grow best in full sun.
- I can grow in Ireland and many other countries such as Russia and America.
- I can also be grown in your back garden.

Why You Should Eat Me?

- First of all, I taste delicious but best of all I help you grow big and strong!
- I am an excellent source of ***Vitamin A*** which helps you see in the dark.
- I am high in ***Fibre*** which helps keep your tummy happy.
- I contain ***potassium*** which is important for my nerves and muscles

Fun Ways to Eat Me

Ican be eaten raw as a snack cut into sticks

or

I can be added to soups, stews, or juices

or

I can simply be boiled, steamed, mashed or sautéed.

Turn over for some cool recipes!

LOW PROTEIN RECIPES

Sautéed Carrots

Ingredients

- 4 medium carrots
- 1 tablespoon olive oil
- Sprinkle of salt (optional)
- 1/2 tablespoon mixed herbs



Method

1. Peel the carrots andslicethem diagonally into rounds.
2. Heat the olive oil in a pan over medium high heat. Add the carrots and cover. Cook for 4 minutes without stirring.
3. Remove the lid,stir,andadd sprinkleofsalt if using.
4. Continue to saute uncovered 3 to 4 minutes until browned, stirring occasionally.
5. Remove from the heat and stir in the herbs.