

## Carrot



### What is a carrot?

- Carrots grow in the ground as a root plant.
- The entire plant is edible, the root to the leaves.
- Carrots can be different colors, including orange, yellow, white, purple and red.

### Why is it healthy?

- Carrots are high in **Vitamin A** which is good for your eyes.
- Carrots also contain fiber and other vitamins and minerals.

### How can it be used?

- Raw carrots are a great snack, especially paired with your favorite dip such as hummus or ranch dressing.
- Add sliced carrots to salads for extra crunch.
- Roast them in the oven with other vegetables.
- Pickle them with vinegar and spices.
- Cut into sticks, season with olive oil and spices and bake to make carrot fries.

