

CARROTS



HOW TO USE

Cut carrots into small pieces and add them to a soup; Add shredded carrots to a veggie or tuna melt; Cut carrots into coin-sized pieces, place them on a baking sheet with salt or other spices and bake them for 10-15 minutes on each side to make carrot chips.

HELPS SUPPORT

Immune system, digestion, and vision.

HOW TO STORE

Remove the green tops and keep carrots in the refrigerator for up to 2 weeks. The green tops can be stored and used, too.

WARM LENTIL SALAD

Servings: 4

Preparation Time: 25 minutes

INGREDIENTS

- 1 can of lentils, drained and rinsed
- 2 carrots, chopped into coin-sized pieces
- ½ onion, chopped
- 1 tablespoon oil
- 2 cloves garlic
- 1 pinch of salt and pepper

Optional:

- 1 tablespoon Dijon mustard
- ½ tablespoon vinegar

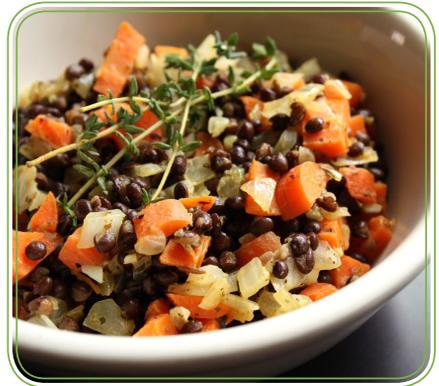


Photo: Leah's Pantry

INSTRUCTIONS

1. Heat the oil over medium heat in a sauté pan.
2. Add the carrots, onions, and a pinch of salt and pepper. Cook them until soft, about 5-8 minutes.
3. Add the garlic and cook the mixture for 1 minute.
4. Add the lentils, vinegar, and mustard (optional). Cook the mixture until the lentils are warm, about 3 minutes.

Adapted from SuperFood Drive via EatFresh.org