

# November Vegetable - Carrots

## Did You Know?

- Known for their vivid orange hue, carrots actually come in a rainbow of colors (red, purple, pink, yellow, white)
- Baby carrots are just normal carrots that have been trimmed down during processing
- The largest carrot ever grown was 19 feet long!
- Carrots are high in beta-carotene, which is what our bodies use to produce vitamin A
- Carrots are known to be good for the eyes, but they also boost our immune systems, and keep our *skin, bones* and *teeth* healthy (due to Vitamin A)
- 1 large carrot is only 30 calories and provides 2 grams of fiber



Roasted fall veggies with heart healthy walnuts and aromatic spices!

## Roasted Vegetable Recipe

- 1 pound carrots (about 6 large)
- 1 small butternut squash
- 2 tablespoons brown sugar
- 2 tablespoons olive oil
- 1/4 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- 3/4 teaspoon salt
- 1/3 cup chopped walnuts

Wash, peel, and dice carrots and butternut squash.

Toss all ingredients together in a bowl, then spread evenly on a baking sheet lined with foil.

Bake in a 425°F oven for 10-15 minutes or until tender and golden brown.



Beautiful rainbow carrots ready to be prepped and served!