

VEGETABLE of the MONTH

Cooking for Kids

Carrot Fries

Serves 4-6, Prep: 40 minutes

Forget French fries! Make delicious carrot fries at home. Yum!

Ingredients:

1 lb. carrots
Cooking spray
½ tsp. salt
¼ tsp. pepper
¼ tsp. spice like cumin, chili powder, garlic powder (optional)

Directions:

1. Pre-heat oven to bake at 400 degrees.
2. Coat a baking sheet with cooking spray.
3. Wash and peel your carrots with a vegetable peeler.
4. Cut carrots into 'fry' shapes, and place on baking sheet.
5. Give the fries a spray of cooking spray, and season with salt, pepper & spices.
6. Bake for 30 minutes, until carrots are crisp-tender and they start to brown.
7. Remove from oven and enjoy!

Recipe by: Anika Bertoldi, EPS Food & Nutritional Services Volunteer.

Books

Grades K-2: *You are the Pea, and I am the Carrot*

By: J. Theron Elkins & Pascal Lemaitre

Grades 2-5: *Just Enough Carrots*

By: Stuart J. Murphy & Frank Remkiewicz.

The Incredible Edible Carrot



Just the Facts

→ Carrots are an excellent source of beta carotene, which helps our body make Vitamin A. Vitamin A is important for eye sight, skin health, and normal growth.

→ Carrots can be traced back about 5000 years through historical documents and paintings.

→ Washington State is ranked #4 in the United States for growing fresh carrots.

→ Carrots are not only orange in color but can be white, yellow, red and purple.

→ One medium size carrot or a handful of baby carrots counts as one serving of your daily veggies

Did You Know?

This month on the school menu you can enjoy CARROTS in:

- CARROT & Raisin muffins
- CARROT puree is found in the Mac & Cheese and in Nacho cheese sauce
- CARROTS will be on the "Garden Spot" every day this month. Try dipping your CARROTS in homemade ranch or hummus.



← In Shakespeare's day the feathery carrot tops were worn to adorn hair.

← The longest carrot ever grown was more than 19 feet.

For more information, see:

- Eatright.com/kids/
- <http://fit.webmd.com/teen/food/article/carrots>



Created by: The EPS Food & Nutrition Department

Activity: Carrots

Draw a garden. Draw 2 more rows of carrots with 4 carrots in each row. Remember that carrot tops are green.



1. Count how many carrots are in your garden? _____
2. What other vegetables would you like to grow in your garden?

3. Draw those vegetables now.