# VEGETABLE of 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.

## <u>Books</u>

Grades K-2: You are the Pea, and I am the Carrot By: J. Theron Elkins & Pascal Lemaitre

**Grades 2-5:** <u>Just Enough</u> <u>Carrots</u> By: Stuart J. Murphy & Frank

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- → Carrots can be traced back about 5000 years through historical documents and paintings.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

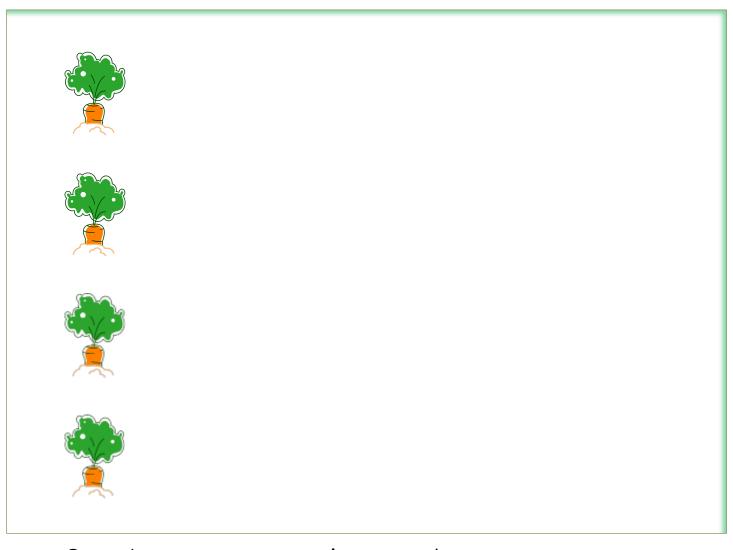
- Eatright.com/kids/
- http://fit.webmd.com/teen/food/article/carrots



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.