



Carrot Recipes

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Lentil Chili Cincinnati Style

Makes 6 servings

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| 1 tablespoon olive oil | 1 teaspoon ground cumin |
| 1 ½ cups chopped onion, fresh or frozen | 4 cups reduced sodium vegetable broth |
| 2 stalks celery, chopped | 1 cup lentils, rinsed |
| 2 cloves garlic, minced | 1 cup chopped carrots |
| ¼ teaspoon ground cinnamon | ¼ teaspoon black pepper |
| ¼ teaspoon ground cloves | 1 can (14.5 ounces) diced tomatoes with juice |

1. In a large saucepan, heat oil for 1 to 2 minutes. Add onions and celery, sauté until onions are tender, about 5 minutes.
2. Reduce heat, add garlic, cinnamon, cloves and cumin. Cook for 1 minute.
3. Add broth, lentils, carrots and black pepper; bring to a boil. Reduce heat, cover and simmer for 40 to 50 minutes or until lentils and carrots are soft.
4. Add tomatoes with juice; cook another 10 minutes until soup is hot throughout. Adjust seasoning to taste.

Nutrition Information (1 cup serving size): 204 calories, 12 gm protein, 35 gm carbohydrate, 8 gm dietary fiber, 3 gm fat, 0 gm saturated fat, 0 mg cholesterol, 427 mg sodium.

Reprinted from: *More Nutritious Still Delicious*, Nutrition Council, 2006.

Oatmeal-Carrot Muffins

Makes 15 muffins

Ingredients:

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| Canola oil spray | ¼ cup canola oil |
| 1 cup all-purpose flour | ½ cup applesauce |
| 1 cup whole-wheat flour | 2 eggs plus 1 egg white, lightly beaten |
| 1 tsp. baking powder | 1 tsp. vanilla extract |
| 2 tsp. baking soda | ½ cup uncooked rolled oats |
| ¼ tsp. salt | ¼ cup unsweetened, dried coconut flakes |
| 1 tsp. cinnamon | ½ cup raisins |
| ½ cup white sugar | 2 cups shredded carrots |
| ½ cup brown sugar | 1 (8 oz.) can crushed pineapple, drained |

Instructions:

1. Preheat oven to 350° and lightly spray muffin tin with canola oil spray.
2. Mix all-purpose flour, whole-wheat flour, baking powder, baking soda, salt and cinnamon in a large bowl. Make a well in the center of the mixture and add white sugar, brown sugar, canola oil, applesauce, beaten eggs and vanilla. Mix until evenly moist.
3. Fold in oats, coconut, raisins, carrots and pineapple. Fill each muffin cup about ¾ full with muffin batter. Bake 25 minutes or until a knife inserted in the center of a muffin comes out clean.

Nutritional information. Per muffin: 190 calories, 6 gm total fat (1.5 gm saturated fat), 34 gm carbohydrate, 4 gm protein, 2 gm dietary fiber, 270 mg sodium.

Reprinted from: *The American Institute for Cancer Research*, Issue no. 225, 1/5/08





Carrot Risotto

Makes 8 Servings

1 can (12- to 15-ounces) carrot juice,
plus water to equal 2 cups
1 $\frac{3}{4}$ cups chicken or vegetable broth
 $\frac{1}{2}$ cup dry white wine
1 tablespoon olive oil
2 cups shredded carrots

2 cups Arborio rice (Italian short-grain rice)
or medium-grain rice
 $\frac{1}{2}$ small onion, finely chopped
 $\frac{1}{3}$ cup grated Parmesan cheese
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{4}$ teaspoon ground black pepper

1. In a covered 2-quart saucepan, heat carrot juice, broth, wine and 1 $\frac{1}{4}$ cups water to boiling over high heat.
2. In 3- to 3 $\frac{1}{2}$ -quart microwave-safe casserole, combine oil, carrots, and onion. Cook, uncovered, in microwave oven on High 2 minutes or until onion softens. Add rice and stir to coat. Cook on High 1 minutes.
3. Stir hot liquid into rice mixture. Cover casserole with lid or vented plastic wrap and cook on Medium (50% power) 15 to 20 minutes or until most of liquid is absorbed and rice is tender but still firm. Stir in Parmesan, salt and pepper. Sprinkle with chopped mint or parsley if desired.

Nutrition information per $\frac{1}{2}$ cup serving: 153 calories, 3 gm fat, 3 mg cholesterol, 25 gm carbohydrate, 1 gm dietary fiber, 4 gm protein, 297 mg sodium.

Adapted from: www.GoodHousekeeping.com/recipefinder

Easy Glazed Carrots

Makes 4 servings

1 pound carrots, sliced $\frac{1}{4}$ inch thick on bias
 $\frac{1}{2}$ cup low-sodium chicken broth
3 tablespoons sugar

Salt and ground black pepper
1 tablespoon unsalted butter
2 teaspoons fresh lemon juice

1. **Cook Carrots Covered:** Bring carrots, broth, 1 tablespoon sugar, and $\frac{1}{2}$ teaspoon salt to simmer, covered, in a 12-inch nonstick skillet over medium-high heat. Reduce heat to medium and cook until carrots are almost tender when pierced with tip of paring knife, about 5 minutes.
2. **Cook Carrots Uncovered:** Uncover, increase heat to high, and simmer rapidly until liquid is reduced to about 2 tablespoons, 1 to 2 minutes.
3. **Finish Glaze:** Stir butter and remaining 2 tablespoons sugar into skillet and continue to cook, stirring frequently, until carrots are completely tender and glaze is light gold, about 3 minutes. Remove from heat, stir in lemon juice. Season with salt and pepper to taste and serve.
4. **Variation:** Easy Glazed Carrots with Ginger and Rosemary
Add 1-inch piece fresh ginger, peeled and cut into $\frac{1}{4}$ -inch-thick coins, to skillet along with carrots. Add 1 teaspoon minced fresh rosemary along with butter. Discard ginger pieces before serving.

Nutrition information per serving: 67 calories, <1 gm protein, 10 gm carbohydrate, <1 gm fiber, 3 gm fat, 2 gm saturated fat, 8 mg cholesterol, 222 mg sodium.

Reprinted from: *The Best 30-Minute Recipe by Editors of Cook's Illustrated, 2006.*



Orange-Carrot Bundt Cake With Orange Glaze

CAKE

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| 2 cups finely chopped pitted prunes | ¼ tsp. ground cloves |
| ½ cup light rum or fresh orange juice | ¾ cup orange marmalade |
| 2 ½ cups all-purpose or unbleached white flour
plus extra for preparing pan | ½ cup plus 1 Tbsp. canola plus extra
for preparing pan |
| ½ cups whole-wheat pastry flour | ⅔ cup nonfat yogurt |
| 2 tsp. baking powder | 1 large egg plus 4 whites |
| 1 ¼ baking soda | 1 cup packed light or dark brown sugar |
| 1 ¼ tsp. cinnamon | 2 tsp. vanilla extract |
| ¾ tsp. ginger | 1 tsp. orange zest |
| ½ tsp. allspice | |
| ½ tsp. salt | |
| 2 ½ cups finely grated carrots (about 5 medium) | |

GLAZE

- 1 ½ cups confectioners' sugar
- 2 Tbsp. fresh orange juice
- ¼ tsp. vanilla extract
- ⅛ tsp. grated orange zest

To make cake:

1. Preheat oven to 350°F. Lightly oil or spray with nonstick cooking spray a 10-inch, 12-cup bundt pan. Evenly dust the pan with white flour, tapping out excess.
2. Combine prunes with rum or orange juice and let sit 15 minutes. Meanwhile, in a medium-sized bowl, stir together flours, baking powder, baking soda, cinnamon, ginger, allspice, salt and cloves.
3. In a large mixing bowl, blend marmalade, oil, yogurt, egg and egg whites, sugar, vanilla and zest. Stir the flour mixture into the yogurt mixture until thoroughly blended. (Do not overmix.) Fold in prunes, rum or orange juice and carrots until evenly incorporated. Spoon the batter into the prepared pan, spreading batter to the edges (the pan will be quite full).
4. Bake the cake for 45 to 55 minutes, or until the top springs back when touched and a toothpick inserted in the center comes out clean. If the cake browns too quickly, cover it with foil for the last 5 minutes of baking.
5. Place the pan on a rack and let stand until almost cool, about 1 hour. With a knife, loose sides and center of cake from the pan. Invert onto the rack, lift off pan and cool completely. *(The cake may be made up to 2 weeks ahead, tightly wrapped and frozen. Let sit at room temperature for at least 5 hours before serving, or until completely thawed.)*