



Carrots, Diced, No Salt Added, Frozen

MyPlate Food Group: **Vegetable**

USDA
Foods

Nutrition Information

- 1 cup of frozen, diced carrots counts as 1 cup from the ChooseMyPlate.gov Vegetable group.
- It all counts! Fresh, frozen, canned, and even vegetable juice- all types of veggies count toward your MyPlate goal.
- Based on their nutrient content, vegetables are organized into 5 subgroups: dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables.
- Most vegetables are naturally low in fat. None have cholesterol. Sauces and seasonings may add fat, calories, and/or cholesterol.
- Fruits and vegetables contain antioxidants. Some studies have shown that eating a diet high in antioxidants may have health benefits.
- Carrots are an important source of many nutrients including vitamin A and antioxidants like lutein which is important for eyesight.

Uses and Tips

- Frozen carrots can be used in a variety of ways and help to cut down the time it takes to prepare a meal. They can be added to soups, chilis, and casseroles.
- Keep frozen carrots on hand to add more flavor, color, and important vitamins and minerals to any meal no matter the season!

Storing Foods at Home

- Store unopened frozen carrots in the freezer.
- After opening, store unused frozen carrots in the freezer in a sealed air-tight container or a freezer safe bag to keep out moisture and reduce freezer burn.

MyPlate Facts

- Vegetables are naturally low in calories. Eat vegetables in place of foods that may be higher in calories to help lower calorie intake. For example, replace chips with crunchy carrots, celery, or cucumbers.
- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce the risk of heart disease, including heart attack and stroke.
- Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.
- Adding vegetables can help increase the intake of fiber and potassium, which are important nutrients that many Americans do not get enough of in their diet.
- Vary your veggie choices to keep meals interesting.



USDA Foods

Glazed Carrots and Cranberries

Makes 6 servings

Ingredients:

- 1 pound frozen carrots
- ½ teaspoon salt
- 3 tablespoons sugar, divided
- ½ cup chicken broth
- 1 tablespoon butter
- ½ cup dried cranberries
- 2 teaspoons lemon juice

Directions: Wash hands with soap and water.

1. In a large skillet over medium-high heat, add carrots, salt, 1 tablespoon sugar, and broth. Bring to a boil. Cover and reduce heat. Simmer, stirring occasionally, until carrots are almost tender, about 5 to 8 minutes.
2. Uncover and increase heat to high. Stir occasionally until liquid is reduced to about 2 tablespoons, about 1 to 2 minutes.
3. Add butter and remaining sugar to skillet. Stir carrots to coat. Add dried cranberries and cook, stirring frequently, until carrots are completely tender and glaze is light gold, about 3 minutes.
4. Remove from heat and stir in lemon juice. Serve warm.

Recipe adapted from FoodHero.org

Garden Sloppy Joes

Makes 6 servings

Ingredients:

- 1 onion, chopped
- ½ cup frozen carrots, thawed
- 1 green pepper, chopped
- 1 pound lean ground meat (turkey, chicken, or beef)
- 1 can (8 ounces) tomato sauce
- 1 can (15 ounces) whole tomatoes, crushed
- 1 can (8 ounces) mushrooms or ½ pound chopped fresh mushrooms
- ¼ cup barbecue sauce
- 6 whole wheat buns, split in half to make 12

Directions: Wash hands with soap and water.

1. Cook onions, carrots, green pepper, and ground meat in a 2 to 3 quart saucepan over medium-high heat for 5 minutes.
2. Add tomato sauce, crushed tomatoes, mushrooms, and barbecue sauce.
3. Bring to a boil. Reduce heat and simmer for 15 to 20 minutes or until thick, stirring occasionally.
4. Toast buns if desired. Spoon sauce over bun halves. Serve open-faced.

Recipe adapted from FoodHero.org