

# Carrots

## Lentil & Carrot Soup

*The amount and type of pasta added to the soup is unspecified in the original recipe. I suggest orzo or similar small sized pasta...but use whatever kind and however much you like!*

1 tablespoons olive oil  
1 medium onion, chopped  
4 garlic cloves, minced  
12 ounces carrots, sliced  
2 stalks celery, sliced (or celeriac)  
1 1/4 cups red lentils  
2 1/2 cups vegetable stock  
3 cups boiling water

Salt and pepper to taste

1 to 2 cups pre-cooked pasta

2 tablespoons plain yogurt

2 tablespoons fresh chopped parsley for garnish

Heat oil and gently sauté onion, garlic, carrot and celery until vegetables begin to soften. Add lentils, stock and boiling water. Season with salt and pepper, stir and bring to boil. Simmer, uncovered, 15 minutes until lentils are completely tender. Allow to cool 10 minutes.

Place half of cooled soup in blender and process until smooth. Add pureed soup back to rest of soup, stir, and add cooked pasta.

Reheat, then ladle into bowls, top with yogurt and parsley, and serve.

Serves 2 to 4.

*From "Cookshelf: Low Fat," Kathryn Hawkins, Parragon Publishing, Bath, England, 2001*

## Carrot & Apple Spice Muffins

1 3/4 cup whole wheat flour  
3/4 cup sugar  
2 teaspoons baking soda  
2 teaspoons cinnamon  
1/4 teaspoon salt  
4 eggs, or cholesterol-free egg substitute equivalent  
1/2 cup canola oil  
1/2 cup unsweetened applesauce (*I like peach flavored in this recipe*)  
2 teaspoons vanilla  
1/2 cup raisins  
2 cups chopped apples, unpeeled

3/4 cup grated carrot

2 tablespoons chopped pecans

Preheat oven to 350 degrees F. Line muffin tin with paper liners. In large bowl, mix all dry ingredients except pecans. In another bowl, combine wet ingredients plus carrots, raisins and apples. Add to flour mixture and stir until just combined. Spoon batter into muffin tin, filling 2/3 full. Sprinkle with pecans and bake 35 minutes, or until springy to touch. Let cool 5 minutes, remove from pan to a cooling rack.

Makes 18 small muffins.

*From "Encyclopedia of Foods: A Guide to Healthy Nutrition," Dole Food Company, Academic Press, San Diego, CA, 2002*

## Carrot Salsa

1 large carrot, grated

1/2 medium red onion, diced

1/4 cup chopped canned or frozen mild green chile peppers

1 clove garlic, minced

2 tomatoes, chopped

1 teaspoon fresh lime juice

1 teaspoon salt.

Mix all ingredients together in a serving dish. Chill for 1 hour before serving.

*From A Vegetarian Christmas Cookbook by Nanette Blanchard*

## Carrot & Parsley Salad

Combine: 1 3/4 cups grated carrots, small bunch finely chopped parsley, a small clove garlic (minced), 1 1/2 tablespoons fresh lemon juice, 1/8 cup vegetable oil, and salt and black pepper to taste. Chill.

Serves 3.

*Adapted from "From Asparagus to Zucchini, A Guide to Farm-Fresh Seasonal Produce," Madison Area CSA Coalition, 2003.*

## Carrot Pizza

2 whole-wheat pitas

2 carrots, shredded

1 cup Muenster cheese

Garlic powder, oregano, pepper

Preheat toaster oven to 300 degrees F. Distribute carrots evenly on the concave side of whole pita. Distribute cheese on top of carrots. Top with loads garlic powder, a dash of oregano and pepper. Bake about 15 minutes.

Serves 2.

From [www.carrotmuseum.com](http://www.carrotmuseum.com).

## Thai Carrot Salad with Peanuts

3 cups grated carrots

Chili Vinaigrette

1/4 cup rice vinegar

3 tablespoons fresh lime juice

1 tablespoon fresh orange juice

1 tablespoon orange zest

1 tablespoon chopped fresh cilantro (or parsley when cilantro is out of season)

3 tablespoons pure maple syrup

1/4 teaspoon red chili flakes

1 cup chopped peanuts

Finely chopped fresh mint, for garnish

Method:

In a food processor, blend all the vinaigrette ingredients. Add the chili flakes last, adding them a little at a time to taste. Wash the carrots with a brush and grate into a large bowl. Add half the dressing, saving the rest for another use; it will keep, refrigerated, for up to 1 week. Marinate for 1 to 20 minutes before serving. Garnish with chopped peanuts and mint. Serves 4

From [www.carrotmuseum.com](http://www.carrotmuseum.com).

## Laguna Farm Carrots – Quick, Easy and Delicious

A quick recipe is to wash the Laguna Farm carrots well and eat them raw. These carrots rock.