

Purple Carrots

Did you know?

Carrots come in various other colors, such as, white, black, red, yellow, and purple. In fact, even within each color group there are different types. Purple carrots for example, come in different varieties, such as, deep purple, and purple haze. Like orange carrots, purple carrots are an excellent source of Vitamin A, Vitamin C, Vitamin K, and fiber. They are also low in saturated fat and cholesterol, which make them a colorful and healthy snack option.



Selection, Storage and Consumption

Select carrots that are firm, free of cracks, and bright coloring. To store carrots remove green tops, place in plastic bag and refrigerate. Before consuming, rinse carrots with water and pat dry. Carrots can be prepared in a variety of different ways, including steaming, roasting, boiling, and can even be eaten raw.

TRY IT!

Vegetable Dip

- 1.) Mix together 1/2 cup nonfat plain yogurt, 1/2 cup reduced-fat mayonnaise and 1 Tablespoon Mrs. Dash seasoning
- 2.) Serve with raw cut-up vegetables, like purple carrots.

