



# Market Basket of the month

## November

The Market Basket of the Month featured vegetable is

## CARROTS



### Simple Serving Tips

**Open-Face Peanut Butter Sandwich:** Spread peanut butter on bread. Top with drained, canned pineapple slices or tidbits and 2 tablespoons grated carrots.

**Mashed Carrots:** Cook carrots until they're soft when stuck with a fork. Drain, then mash them and add a small amount of butter or margarine. For a sweeter version, add brown sugar and cinnamon to taste.

### Just the Facts

- The average person will eat 10,866 carrots in a lifetime.
- Carrots are more nutritious cooked than raw.
- Bagged baby carrots are not true baby carrots. The short, round-ended baby carrots come from large carrots that have been rolled over blades and thrown around in a metal cage to be rubbed down to size.

### Carrot Apple Soup

#### Ingredients

Makes 14 servings

- 1 T olive or canola oil
- 1 medium onion, peeled and chopped
- 2 lbs. carrots, peeled and sliced
- 1 apple, peeled, cored and chopped
- 1 C. chicken or vegetable stock
- 1/2 C. plain low-fat or Greek yogurt (optional)

1. Heat a pot on medium and add oil.
2. Add onion, carrots and apple to pot. Cook covered, stirring occasionally, until the vegetables are beginning to soften - about 15 minutes.
3. Increase the heat to high, add the chicken or vegetable stock and bring to a boil. Reduce the heat to low, and cook until the carrots are completely tender, about 20 minutes. Set aside to cool for 20 minutes.
4. Use a slotted spoon to remove the solids, and put in a blender or food processor. Process until smooth. Add the yogurt, if you like, and process again. Then stir this mixture back into the broth in the pot.
5. Enjoy right away or cover and refrigerate up to 3 days.

Carrot Apple Soup

**Reminder:** Make half your plate fruits & vegetables. Visit [www.choosemyplate.gov](http://www.choosemyplate.gov) for helpful tips.

### Nutrition Facts

**Serving Size** 1 cup, chopped (128g)

Amount per Serving

**Calories 52** Calories from Fat 0  
% Daily Value

**Total Fat 0g** 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol 0mg** 0%

**Sodium 88mg** 4%

**Total Carbohydrate 12g** 4%

Dietary Fiber 4g 14%

Sugars 6g

**Protein 1g**

**Vitamin A 430%** **Calcium 4%**

**Vitamin C 13%** **Iron 2%**

Source: [www.nutritiondata.com](http://www.nutritiondata.com)

### Let's Move!

**Plan for fun active games with friends and family!**

- Turn on the radio and dance.
- Play your favorite backyard games.
- Bundle up for a hike or scavenger hunt at a county or state park.
- Go bowling or roller skating.
- Don't just sit and talk – go for a walk!

### Produce Tips

- Carrots are best stored in the refrigerator vegetable drawer. This helps to keep them tasty and crunchy.
- If you buy carrots with the green tops still on, break off the tops and rinse the carrots before storing.
- Avoid carrots that are wrinkled or soft.

**For locally grown carrots, visit our Market Basket of the Month partners:**

- Brown's Orchards & Farm Market
- Central Market York
- Flinchbaugh's Orchard & Farm Market
- Lebanon Farmers Market
- Leggett's Farmers Market
- Miller's Plant Farm
- Penn Market

Market Basket of the Month is a WellSpan Community Health & Wellness initiative.

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