

Produce of the Month



Enjoy fresh & free Carrots

Keep an eye out for
our mobile Produce
of the Month cart
around campus!

December 1ST
1pm • Outside the Library

Every Wednesday, Champion's
Choice, Fresh Food Co, and
Juniper Dining will be featuring
a healthy recipe with the
Produce of the Month!

USF UNIVERSITY OF
SOUTH FLORIDA
Wellness Education & Dining Services

SHOPPER TIPS

- Look for smooth, firm, and well-shaped carrots with an even color
- Avoid carrots that are cracked, shriveled, soft, or wilted

WHAT'S IN IT FOR YOU?

- An excellent source of vitamin A and vitamin K.
- A source of fiber, vitamin C, and potassium.

SERVING IDEAS

- Snack on carrot sticks and light dressing or hummus.
- Add shredded carrots to coleslaw for extra crunch, color, and flavor.

PEAK SEASON

- Available year round

STORAGE

- Store carrots in a plastic bag and refrigerate for up to two weeks.
- If you buy carrots with the green tops, break off the tops before refrigerating.

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Autumn Sweet Carrots with Walnuts

Recipe from SparkPeople.com

INGREDIENTS:

- 1.5c carrots, chopped
- 1/4c walnuts, chopped
- 1/8c raisins
- 1/4c syrup (low or sugar free)
- 1 tsp cinnamon
- 1/2tsp nutmeg

DIRECTIONS:

1. Boil carrots until tender.
2. Add remaining ingredients
3. Stir over low heat until syrup thickens slightly & carrots are coated.
4. SERVE & ENJOY

Nutrition Facts Autumn Sweet Carrots with Walnuts

Yield: 4 servings, Serving Size: 1/2 cup
 Servings per recipe: 2, Calories 168.4, Total Fat: 10.1g, Cholesterol: 0.0mg,
 Sodium: 67.8mg, Total Carbohydrates: 19.4g, Dietary Fiber: 4.1g, Protein: 3.5g

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