

What To Do With Carrot Tops?

Don't throw out your carrot tops! Carrot tops have a delicious, earthy flavor- use them like how you would use an herb or a salad green.

While carrot tops are completely edible, the tough stems are typically very stiff and don't soften when cooking, so keep this in mind.

For a simple recipe, wash and boil one bunch of carrot tops. Add 1 tbsp of low sodium soy sauce, a pinch of sugar, and 1 tbsp of sesame oil to the cooked carrot tops, and enjoy!

You can also add carrot tops to salads, use them as a garnish for different dishes, or even use them in smoothies!

胡萝卜 Carrots

与降低胆固醇水平和改善眼睛健康有关

Linked to lower cholesterol levels and improved eye health

含有可以改善免疫功能和降低疾病风险的胡萝卜素

Contains carotenoids which have been linked to improved immune function and reduced risk of illnesses



胡萝卜叶的使用方法

不要扔掉胡萝卜的叶子！胡萝卜叶有一种美味的泥土味—我们可以像香草和沙拉蔬菜一样使用。

虽然胡萝卜叶是可以食用的，但是它的茎干非常坚硬，烹饪后也不会变软。

一个简单的食谱：煮一束清洗过的胡萝卜叶。将1汤匙低钠酱油、一小撮糖和1汤匙香油加入煮熟的胡萝卜上，尽情享受吧！

您还可以把胡萝卜叶加入沙拉里，作为装饰，甚至可以用在冰沙里！



季节：6月至10月

Season: June-October

吃胡萝卜可以增加饱腹感并减少膳食中的卡路里摄入量

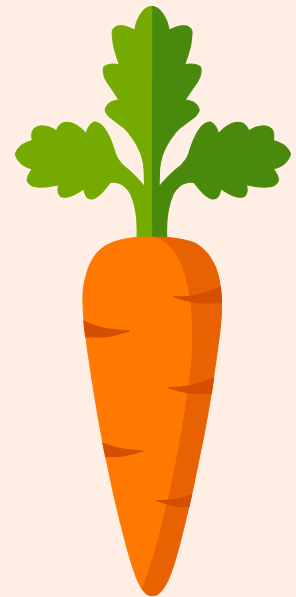
Eating carrots can increase fullness and decrease calorie intake in meals

每 100 克

PER 100 GRAMS:

41 卡路里	0.9g 蛋白质	41 calories	0.9g protein
0.2g 脂肪	2.8g 纤维	0.2g fat	2.8g fiber
10g 碳水化合物,	4.7g 总糖	10g carb,	4.7g total sugars

吃得好, 保持健康! Eat Well, Stay Healthy!



蔬菜聚光灯: 胡萝卜

Vegetable Spotlight: CARROTS



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萝卜米线 (4人份)

Peanut Carrot Salad (serves 4)

食材

修整:

- ¼杯花生酱
- 2汤匙米醋
- 2汤匙低钠酱油
- 1汤匙芝麻油
- 3瓣大蒜, 切碎
- 1块姜, 切碎
- ¼茶匙红辣椒粉

沙拉:

- 2根胡萝卜, 切丝
- 1个红辣椒, 切碎
- 1根黄瓜, 切片
- 1杯毛豆, 煮熟
- ½束香菜, 切碎
- 3个葱, 切片
- ⅓杯花生, 切碎

INGREDIENTS

For Dressing:

- ¼ cup peanut butter
- 2 tbsp rice vinegar
- 2 tbsp low sodium soy sauce
- 1 tbsp sesame oil
- 3 garlic cloves, minced
- 1 piece ginger, chopped
- ¼ tsp red pepper flakes

For Salad:

- 2 carrots, shredded
- 1 red pepper, chopped
- 1 cucumber, sliced
- 1 cup edamame, cooked
- ½ bunch cilantro, chopped
- 3 scallions, sliced
- ⅓ cup peanuts, chopped

做法步骤

1. 在一个小碗里, 将所有调味料搅拌在一起。如果太稠加水, 放在一旁。
2. 在另一个碗中, 加入沙拉的所有食材并搅拌。
3. 淋上调料, 搅拌均匀。
4. 用少许盐和胡椒调味, 再撒上花生。尽情享受吧!

INSTRUCTIONS

1. In a small bowl, whisk together all the ingredients for the dressing. Add water if too thick. Set aside.
2. In another bowl, add all the ingredients for the salad and mix.
3. Drizzle with the dressing and mix well.
4. Season with a pinch of salt and pepper and top with peanuts. Serve and enjoy!



厨师小建议

胡萝卜和脂肪（如花生酱或橄榄油）一起食用可以帮助您的身体吸收更多β胡萝卜素！β胡萝卜素可以在您的体内转化为维生素A。

CHEF'S TIP

Combining a fat with carrots, such as peanut butter or olive oil, can help your body absorb more of the beta carotene in carrots! Beta carotene can be converted into vitamin A in your body.