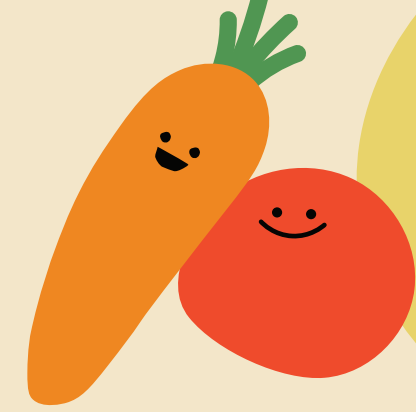




# Carrot



## Cultural Significance

Carrots are very common in Mexican cooking. People often put carrots in soups and stews to add flavor and make them healthier. Outside of the home, you can find carrots pickled with jalapeños and potatoes as a tasty snack. The mild taste of carrots goes well with Mexican flavors like jalapeños, cumin, and cilantro.

In different parts of Mexico, carrots are used in special ways. In the Sierra Oriente region, they are mixed with vanilla as a side dish. In central Mexico, carrots are used in a popular salad called "ensalada rusa" made with carrots and potatoes.





# Carrot Star Bites



## Nutrition Facts

(per serving)

Calories 44kcal

Potassium 67m

Vitamin A 2470IU

Calcium 45mg

## Ingredients

(makes 4 servings)

- 1.5 cups grated carrots
- 1/2 cup grated cheddar or mozzarella cheese
- 4 tbsp oat flour (can be replaced with regular flour or almond flour)
- 2 eggs • 1/2 cup water

Carrots have a lot of vitamin A, which is great for your eyesight, skin, and immune function. They also have fiber that helps your digestion, and they're full of other vitamins and minerals that keep you healthy overall.

### \*Adult Version

Feel free to add your favorite spices and herbs that pair well with carrots such as:

- garlic powder • onion powder
- thyme • paprika • cumin

## Tips for Parents

For older kids (4-10 years old), serve the cooked dish alongside cut raw carrots.

## Directions

1. Preheat oven to 350 degrees Fahrenheit and line baking sheet with parchment paper.
2. Place carrots and water into a bowl, cover and microwave on high for 3 minutes.
3. Drain carrots by placing in a cloth and squeeze all liquid from carrots (carrots need to be as dry as possible to create the most optimal result).
4. Place drained carrots into a bowl and combine with oat flour, eggs, and cheese.
5. Using a cookie cutter, form star shapes of the mixture straight onto the prepared baking sheet. Make each star around 1/2cm / 1/4inch thick.
6. Bake for approximately 13 mins (until crispy on the sides).

