

fall in love with

Red Carrots



- One medium carrot counts as *one serving* of your daily veggie intake.
- Carrots are full of *vitamin A* - good for eyes, bones, teeth, and skin.

- Red carrots get their color from *Lycopene* which fights cancer cells and prevents heart disease.
- Red carrots are tender, *sweeter* and cook faster than orange carrots.
- Red carrots can be eaten raw in *cruddites*, pureed into sauces boiled and braised.