

FRESH  
IN SEASON



# RED CARROTS

## Description

Red carrots get their red hue from lycopene, a nutrient that fights cancer cells and helps prevent heart disease. They are more tender, sweeter and cook faster than orange carrots. They are great served raw, pureed into sauces, boiled and braised.

## Highlights

Cooking lycopene-filled veggies will increase the amount of lycopene absorbed in the body.

Great source of vitamin A, good for eyes, bones, teeth and skin.



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