## October

Pick a **better** snack<sup>™</sup> with your family - \$ave money and eat smart!

## **Cooking with Carrots**

Carrots taste just fine raw as a guick snack or side dish. If you want to cook them, here is an easy idea.

- 1. Spread baby carrots on a cookie sheet or scrub and cut big carrots into coins about a half inch thick.
- 2. Spray them with cooking spray or drizzle with oil and sprinkle with salt, pepper or your favorite spices.
- 3. Roast in the oven at 400 for 20-30 minutes until they are a little bit brown. They will be sweet and tasty!



## **Saving Money on Carrots**

Baby carrots are very convenient, but they often cost more than big carrots. If you have the time and want to save some money, buy the big carrots, scrub them and cut them into sticks. There is no need to peel them if you scrub them.

They'll be just as easy for you and your kids to eat as the

baby carrots.

Carrots are at farmers markets in Iowa from June through October.



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