

Baby Carrots or Baby Carrots?

Carrots – You think there's no difference? But there is!



This photo shows a small variety of carrot next to the pre-cut "baby" carrots

I prefer to use real baby carrots, or even just a small variety. Real baby carrots come straight from the ground at a young stage and are full of nutrients. Carrots are one of the richest sources of vitamin A. They also have a fair amount of biotin (good for hair and nails), vitamin K and fiber. Even cooked, these little guys retain their value.



But those little bagged orange pellets are NOT baby carrots. They are the carrots no one wants – misshapen, old, or imperfect. They are cut into perfect little shapes, soaked in chlorine to kill bacteria and packaged for convenience. Note, they are not bad for you, but like any produce that is pre-cut and pre-packaged, you are trading some nutritional value for convenience.



My way of thinking – it's not that much more work to wash a fresh carrot and put it in my lunch.



Here is a recipe for tarragon roasted carrots –

What you need:

- 8 carrots, cut in half lengthwise
- 1 $\frac{1}{2}$ teaspoons honey
- 1/8 teaspoon dried thyme
- $\frac{3}{4}$ teaspoon dried tarragon
- 1 Tablespoon olive oil

How to Do it:

Preheat the oven to 325 degrees.

Place the carrots in an oven-proof dish. Drizzle with olive oil and honey. Sprinkle the herbs evenly over the top.



Bake for 20 minutes.

Makes 4 servings.



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what do you think?