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Carrots

Colorado ranks fourth nationally in carrot production. In 2002 the state produced 140 million pounds of carrots valued at more than \$14 million.

Choose carrots that are well-shaped with firm, smooth exteriors and vibrant orange to orange-red color. Tops should be closely trimmed to avoid rapid decay.

Carrots are fat free, low in sodium, high in Vitamin A and a good source of Vitamin C.

Look for Colorado carrots at your local grocery store or at restaurants across the state.

Each month the Colorado Department of Agriculture will feature a different commodity to highlight the variety and quality of products grown in the state. Visit www.coloradoagriculture.com for a complete list of recipes.

Lyonnaise Carrots

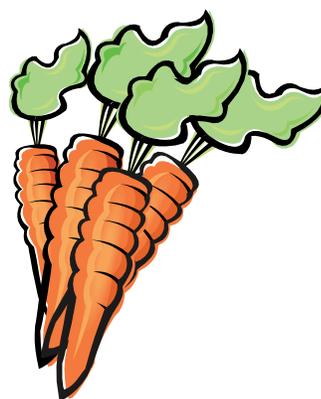
Colorado Chef Michael Pizzuto

1½ lb. Carrots, cut in 2-inch strips
2 tsp. Sugar
3¼ cup Water
¼ cup Onion, chopped
2½ tbsp. Butter
Salt
Black Pepper
Parsley

Add carrots and sugar to salted water, then bring to a boil. Boil 15 minutes then drain and place in pan.

Saute onions in butter until tender then add to carrots. Add salt and pepper, mix lightly and bake at 400°F for 30 minutes. Garnish with parsley before serving.

Enjoy with a Colorado wine, such as a glass of Muscat from Spero Winery, located in Denver, Colorado.



Next Month... **Honey**