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Crunchy Carrots Are Great Lunch Box Snacks

LAKEWOOD, Colo. – Each month, the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown, raised or processed in the state. This month, Colorado carrots are featured in the **Colorado Carrot Sticks with Greek Yogurt Ranch** recipe.

Available Now...Carrots

Choose carrots that are well-shaped with firm, smooth exteriors and vibrant color. Although the most common color is orange, carrots can also be found in purple, white, red and yellow. Tops should be closely trimmed to avoid rapid decay. Carrots are fat free, low in sodium, an excellent source of Vitamin A and a good source of Vitamin C. Look for Colorado carrots at your local grocery store, farmers' market or at restaurants across the state.

Colorado Carrot Sticks with Greek Yogurt Ranch

Chef Jason K. Morse, C.E.C., Executive Chef, Douglas County School District and 5280 Culinary, LLC

Serves 6

6 large Carrots, peeled, cut into 4" sticks

3 cups Plain Greek Yogurt

1-1/2 tsp. Garlic Paste

1 tbsp. Dill, dried

1 tsp. Granulated Onion

1 tbsp. Lemon juice

Kosher Salt to taste

Cracked Black Pepper to taste

In a large mixing bowl combine all ingredients and season to taste with the salt and pepper. Allow to sit overnight for best flavor. Mix well again and serve with crisp, cold carrot sticks. The dip is a great after school snack for the kids, packs well in lunch boxes and is great for on-the-go healthy snacking.

Visit www.coloradoagriculture.com for a complete list of recipes.

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