



# FarmFresh

## Recipes

October 2013

### Available Now...

#### Carrots

Although the most common color is orange, carrots can also be found in purple, white, red and yellow.



#### Tips & Nutrition

Choose carrots that are well-shaped with firm, smooth exteriors and vibrant color. 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.



### Fresh Inspirations...

#### Colorado Carrot Sticks with Greek Yogurt Ranch

Serves 6

##### Ingredients

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

##### Directions

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.

Provided by Chef Jason K. Morse, CEC, Executive Chef, Douglas County School District and 5280 Culinary, LLC

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state. Visit us at [www.coloradoagriculture.com](http://www.coloradoagriculture.com) for a complete list of recipes.

Next Month... Colorado Sunflower Seeds