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Carrots

Colorado ranks third nationally in carrot production. In 2004 the state produced 107 million pounds of carrots valued at more than \$11 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 low in fat and 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 features 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.

Sweet & Spicy Carrot and Spinach Salad

Chef Justin Barbour, ACF Colorado Chefs Association

- 3 Medium carrots
- 2 cup Spinach
- 5 tbsp. Butter
- 2 tbsp. Honey
- 1 tbsp. Onion, diced small
- 1 tbsp. Red Bell Pepper, small diced
- 1 tbsp. Garlic, small diced
- 1 Lemon
- ½ Orange
- 1 tsp. Ginger
- 1 tsp. Cayenne pepper
- 1 tsp. Salt
- 1 tbsp. Olive oil
- Salt and pepper

Cut Carrots into 1/4" thick diamonds. Sauté carrots with 2 tbsp. butter, 1 tbsp. honey and a pinch of salt. Cook until fork tender, about 8-10 minutes. In separate pan, sauté onion and bell pepper in 3 tbsp. butter for 1 minute. Add garlic and cook for another 2 minutes. Then add spinach, pinch of salt and pepper, and juice of half a lemon. Cook until slightly wilted, approximately 2 minutes.

For the vinaigrette combine juice from half an orange and half the lemon, the cayenne pepper, ginger, salt, 1 tbsp. honey and oil. Whisk until combined.

Combine carrots, spinach and vinaigrette then toss and serve hot. Serves 2.

Enjoy with a Colorado wine, such as a glass of Riesling from Stoney Mesa Winery located in Cedaredge, Colorado.

Next Month... EIK