



Kid-Friendly Recipes

Taste Test

Ingredients

- 3 raw carrots (sliced in half crosswise and then lengthwise into 8 strips total)
- 1 small bag of baby carrots
- 1 (14.5oz) can of canned carrots

Directions

1. Wash the carrots and trim the ends. Slice in half crosswise and then lengthwise into 8 strips total.
2. Students taste each variety of carrots.

Makes 24 taste tests

Developed by: Network for a Healthy California - MCOE

Carrot & Sunshine Salad

Ingredients

- 2 packs (10 oz. each) of shredded carrots
- ¾ cup raisins
- 2 containers (6 oz. each) low-fat vanilla yogurt

Directions

1. Mix all ingredients together in a mixing bowl.
2. Cover with plastic wrap and refrigerate for 15 minutes.
3. Toss again before serving.
4. Taste!

Makes 24 taste tests

Recipe adapted from Produce for Better Health

Vegetable Quesadillas

Ingredients

- 2 carrots (grated)
- 1 large zucchini (grated)
- 10 flour tortillas
- 1 cup shredded cheddar cheese
- bottled hot sauce (to taste)

Directions

1. In a bowl, mix carrot and zucchini.
2. Sprinkle ½ cup mixture over 5 tortillas.
3. Top each with 3 tablespoons of cheese. Add hot sauce.
4. Cover with a second tortilla.
5. Heat a nonstick pan over medium heat until hot. Place each quesadilla in pan and cook 1 minute.
6. Turn over and cook 1 minute longer, or until cheese melts.
7. Cut each quesadilla into quarters and serve.
8. Taste!

Makes 20 taste tests

Recipe adapted from Harvest of the Month Cycle I Family Newsletter (Carrots)

Glazed Carrots

Ingredients

- 2 tbsp butter
- 1 ½ lbs baby carrots
- 1 cup water
- ¼ tsp pepper
- 2 tsp sugar

Directions

1. Melt butter in a heavy saucepan on low heat.
2. Add carrots and stir to coat them with the butter.
3. Add water and pepper.
4. Cover and simmer for about 15 minutes.
5. Drain water and add sugar. Stir well.
6. Cover pan and cook for one more minute or until slightly browned.

Makes 20 taste tests (3-4 carrots each)

Recipe source: Food Stamp Nutrition Connection (<http://recipefinder.nal.usda.gov/>)



Merced County Office of Education
 632 W. 13th Street
 Merced, CA 95340
 (209) 385-5394
 nnetwork@mcoe.org
 Visit us at www.mercednutrition.org



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