

WELLNESS

Natural Benefits of Carrots

Carrots are versatile veggies full of fiber, vitamins A and C, and carotenoids, which can help improve vision and are linked to a reduced risk of certain kinds of cancer. Carotenoids are best absorbed when carrots are chopped, blended, or cooked and eaten with dietary fat, says Kory DeAngelo, M.S., R.D.N., an assistant professor and nutrition clinic coordinator at Bastyr University and Bastyr Center for Natural Health in Seattle. Try a few of her favorite recipes here.

BY ARRICCA ELIN SANSONE

ANTIOXIDANT SMOOTHIE

Enjoy this carrot-ginger beverage for breakfast or an afternoon snack. In a blender, combine 1 chopped carrot, 1 cored and chopped tart apple (such as Granny Smith), 1 to 2 tsp fresh ginger, 2 to 4 Tbsp raw unsalted cashews, 1 cup carrot juice or water, and 2 tsp lime juice. Blend until smooth and creamy. (Hint: If you don't have a high-powered blender, use shredded carrots and soak the cashews in hot water for an hour to soften, then drain before adding to blender.) Makes 1 serving.

"CARROT CAKE" OVERNIGHT OATS

Indulge in a sweet treat for breakfast or dessert. In a small bowl, stir together ½ cup old-fashioned rolled oats, ¾ cup milk of choice, ¼ cup shredded carrots, 1 Tbsp raisins, ¼ tsp cinnamon, and a pinch each of nutmeg and salt. Cover and refrigerate overnight. Top with ½ cup chopped walnuts or pecans before serving. Makes 1 serving.

VITAMIN-RICH ROASTED VEGGIES WITH SPRING HERBS

Fresh herbs add extra zing to this side dish. Chop 3 carrots and 3 Yukon Gold potatoes into 1- to 1½-in. pieces. Toss with 1 Tbsp olive oil and salt and pepper to taste. Spread on baking sheet in a single layer, uncovered. Roast at 400°F for 30 to 40 min. or until done. In a separate bowl, combine 2 Tbsp finely chopped parsley, 2 Tbsp finely chopped dill, and 1 tsp lemon zest. Toss with carrots and potatoes. Serves 4.

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