



Vegetable Lasagna

Makes 6 servings



- 2 cups chopped broccoli
 1 cup chopped carrots
 5 lasagna noodles
 1 (10.75 ounce) can condensed cream of mushroom soup
 1/2 cup low-fat cottage cheese
 1 1/2 cups mozzarella cheese, shredded
 1/2 teaspoon garlic powder
 1/2 teaspoon dried rosemary or oregano, crushed
1. Steam broccoli and carrots until tender, about 10 minutes.
 2. Cook lasagna noodles according to package directions and drain.
 3. In a bowl, combine soup, cottage cheese and 1 cup mozzarella cheese. Mix well. Add garlic powder, rosemary or oregano and the cooked broccoli and carrots.
 4. Starting with noodles, alternate layers of vegetable mixture and noodles in a small baking pan. Top with remaining 1/2 cup mozzarella cheese.
 5. Cover and bake at 375 degrees for 35-40 minutes.



ENERGIZE YOUR LIFE EAT HEALTHY BE ACTIVE

The WIC and Senior Farmers Market Nutrition Programs are sponsored by the U.S. Department of Agriculture; the Washington State Department of Health, Community Wellness and Prevention; and the Washington State Aging and Disability Services Administration.

Contact information:

WIC FMNP: 1-800-841-1410

Senior FMNP: 1-800-422-3263

This brochure is produced for nutrition education and funded by USDA Food & Nutrition Service, Food Stamp Office; the Farmers Market Nutrition Program; and Washington State University. Programs offered by these agencies are consistent with federal and state laws and regulations on non-discrimination regarding race, color, gender, national origin, religion, age, disability, and sexual orientation. Report evidence of non-compliance by writing to the Secretary of Agriculture Washington DC, 20250. Trade names are used to simplify information; no endorsement is intended.

WIC is an equal opportunity program.

9-2004

Fresh-from-the-Farm:

Carrots



Washington WIC & Senior Farmers Market Nutrition Program

Making it easier to add fresh fruits and vegetables to your diet, and support local farmers, too!

Selection & Preparation



- ◆ Choose carrots that are firm, smooth, evenly shaped, and have a bright orange color.
- ◆ Avoid flabby, soft, or rough carrots and those that are cracked, split, or show signs of mildew or decay.
- ◆ When you purchase carrots you should immediately trim off the green tops and store carrots unwashed in a plastic bag in the refrigerator.
- ◆ Carrots are best when used within 1 to 2 weeks.
- ◆ Wash well. Eat raw or cut up and steam, boil, microwave, stir-fry, or add to soups or stews.
- ◆ **To microwave:** Add 2 tablespoons water to carrot slices.

Nutrition Facts

Serving Size: 1/2 cup sliced carrots

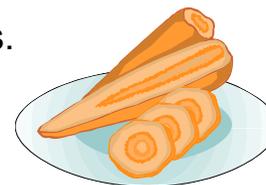
Amount Per Serving

Calories 30

	% Daily Value
Total Fat 0 g	0%
Saturated Fat 0g	0%
Sodium 20 mg	1%
Total Carbohydrate 6 g	2%
Dietary Fiber 2 g	8%
Sugars 1 g	
Protein 1 g	
Vitamin A	360%
Vitamin C	10%
Calcium	2%
Iron	2%
Folate 9 mcg	2%
Potassium 207 mg	

Key Nutrients

- ❖ **Vitamin A** - for resistance to infection, healthy skin and good vision. To increase the amount of vitamin A that your body absorbs, cook carrots before eating them. This also makes them easier to chew and digest.
- ❖ **Potassium** - to maintain normal blood pressure levels.
- ❖ **Fiber** - to help keep you regular, control blood sugar levels, and fiber may lower blood cholesterol.



Carrot and Raisin Salad



- 1 cup shredded carrots
- 1/4 cup diced celery
- 1/4 cup raisins
- 2 teaspoons vinegar
- 3 tablespoons mayonnaise

In a mixing bowl, combine carrots, celery, raisins, vinegar, and mayonnaise. Mix together and refrigerate until chilled.

Makes 2-3 servings

www.allrecipes.com

