

Carrot-Ginger Soup

- 2 tablespoons extra-virgin olive oil
- 1/2 cup chopped white onion
- 4 cups chopped carrots
- 4 cups vegetable broth
- 1 cup orange juice
- 1 tbs. plus 2 tsp. grated fresh ginger
- 1 tablespoon lemon juice
- 14-ounce can coconut milk
- Freshly ground black pepper, to taste

Heat the olive oil in a large saucepan over medium-high heat. Add the onion and sauté until translucent, about 5 minutes. Add the carrots, broth, orange juice, ginger, and lemon juice; bring to a boil. Reduce the heat and simmer, covered, until the carrots are tender, about 20 minutes. Remove from the heat. Puree with immersion blender or food processor, until very smooth. Return the soup to the saucepan and stir in the coconut milk, salt, and pepper. Reheat the soup over medium heat until hot. Ladle the soup into bowls and serve.

Roasted Root Vegetables

- 1 bunch (1 lb.) beets, red or golden
- 1 butternut squash, peeled and seeded
- 1 large yam, peeled
- 1 large parsnip, peeled
- 1 large carrot, peeled
- 1/2 red onion
- 6 - 8 whole garlic cloves
- 3 tsp fresh thyme leaves
- 3 tsp extra virgin olive oil
- Salt and pepper

This recipe is open for substitutions and adaptations. If you don't like some of these vegetables just switch them out for an equal amount of root veggie or winter squash you do like. Also feel free to use different combinations of herbs and spices. Preheat oven to 425 degrees F. Line a cookie sheet with foil. Cut vegetables into 1 1/2 inch chunks. Toss vegetables in a large bowl with garlic cloves, thyme leaves, and 3 tsp olive oil till evenly coated. Spread vegetables out evenly on the cookie sheet in a single layer. Sprinkle generously with salt and pepper. Roast the vegetables in the hot oven for about 45 minutes, stirring once halfway through cooking, until vegetables are tender and starting to turn golden. Serve hot.

Healthy Baked Carrot Fries

- 2 lbs carrots
- 1 tablespoon olive oil
- salt and pepper to taste

- Preheat oven to 425 degrees.
- Peel and slice carrots into fry shaped pieces. Toss carrots with olive oil, salt and pepper. Arrange in a single layer on baking sheet.
- Bake for 10 minutes then flip each fry. Continue to bake until fully cooked and slightly crispy, about 10 minutes. Serve immediately

*Feel free to add other seasonings like curry, garlic powder, etc.

Carrot Ginger Dressing

4 medium carrots, roughly chopped
1-inch knob of fresh ginger, roughly chopped
1 shallot, sliced
3 tablespoons rice vinegar
1 tablespoons sesame oil
1 teaspoon soy sauce
1/4 cup vegetable oil

Place all ingredients except vegetable oil in a blender or food processor and process until finely chopped.

Slowly add vegetable oil and continue processing until smooth.

Add water to thin, if desired.

Refrigerate in an airtight container up to 1 week.

Carrot Cake Smoothie

- 1 medium banana, peeled, diced and frozen
- 1 cup diced carrots* (about 2 medium-sized carrots)
- 2/3 cup almond milk
- 1/2 cup plain or vanilla Greek yogurt
- 2 teaspoons maple syrup (or your desired sweetener)
- 1/4 teaspoon ground cinnamon
- pinch of ground ginger
- pinch of ground nutmeg
- optional toppings: toasted coconut, toasted walnuts

Add all ingredients to a blender and pulse for 30-60 seconds until smooth. If the smoothie is too thick, add an extra 1/4 cup of almond milk to thin it out.

Serve immediately, garnished with optional toppings if desired.

Carrot Veggie Puffs

- One cup shredded carrots
- One cup shredded zucchini
- One half cup shredded onion
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 eggs
- 1/2 cup milk
- 1/4 cup grated Parmesan cheese
- 1/2 teaspoon parsley flakes
- 4 Tablespoons flour
- Cooking oil

Shred Carrots Zucchini and onion. Combine vegetables, salt, and pepper in a bowl. Beat the egg and add it to the vegetable mixture. Add the milk, cheese and flour and combine. Put small dollops of batter in hot oil and cook until golden brown. Serve.

Spicy Carrot Refrigerator Pickles

- 2 lbs. of carrots, peeled and chopped
- 1½ cups of water
- 3 cups of white vinegar
- 1 cup of granulated sugar
- 6 cloves of garlic, peeled and cut into rounds
- 2 -3 jalapeno peppers, cut in half or fourths and seeded
- one bunch of cilantro

1. Add water, vinegar and sugar to a sauce pot. Cook over medium heat until sugar is dissolved. Mix with a whisk.
2. Remove from heat and set aside.
3. Peel garlic, chop into rounds and add to vinegar mixture.
4. Chop your carrots into lengthwise pieces; cut and seed jalapeno peppers as well.
5. Add carrots, cilantro and jalapenos to storage jars.
6. Pour vinegar mixture into jars.
7. Keep at room temperature until cooled; then store in your refrigerator in an airtight container.