



Mashed Carrots



Recipe from OSU FoodHero

Ingredients



- 3 cups sliced carrots (about 6 to 8 fresh) or two cans (14.5 oz each) or frozen (16 oz)
- 2 tsp butter or margarine
- 2 tsp honey or brown sugar
- 1/4 tsp salt
- 1/8 tsp pepper
- 1/2 tsp seasoning (optional)

Yield: 3 cups
Serving Size: 1/2 cup



Directions



1. Cook carrots until they are very soft.
Fresh– Steam or boil.
Frozen– Follow package directions or microwave, steam, or boil.
Canned– Rinse and drain. Add a small amount of water and heat in a saucepan or in the microwave.
1. Drain carrots if needed. Put carrots in a medium bowl. Mash with a fork until smooth.
2. Stir in butter, honey, salt, and pepper. Add seasoning if desired.
3. Refrigerate leftovers within 2 hours.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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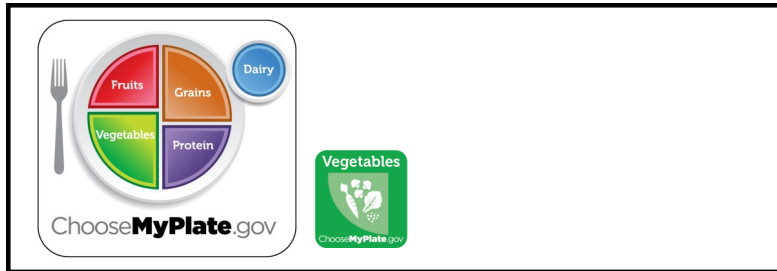
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Fast Facts



Featured Food Groups



Cooking Tips



- Add your favorite seasoning! Try one of these: chili powder, curry powder, onion powder, dried thyme, and dried sage.

Nutrition Facts



Amount Per Serving	
Calories 45	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 160mg	7%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Sugars 5g	
Protein 1g	
Vitamin A 210%	Vitamin C 4%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

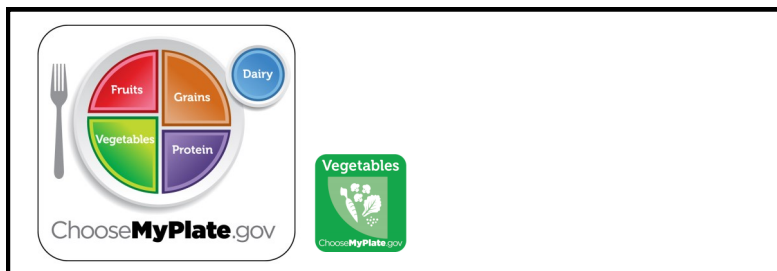
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