

HEALTHY CARROT RECIPES



Carrot Cake
Waffle
Sandwich

Coconut-
Carrot
Morning
Glory
Muffins

Carrot-
Ginger
Vinaigrette

Pomegranate
Molasses-
Glazed
Carrots with
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Harissa-
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Steak &
Carrot Salad

Carrot
Soup

Savory
Carrot &
Tarragon
Tart

Grilled
Halibut
Salad with
Beet-Carrot
Slaw

Healthy Carrot Recipes

CARROT CAKE WAFFLE BREAKFAST SANDWICH

- ☐ Heart Health
- ☐ Diabetes
- ☐ Weight Loss
- ☐ Gluten Free

ACTIVE: 5 MIN **TOTAL:** 5 MIN

Carrot cake for breakfast? Why not! This innovative healthy waffle breakfast-sandwich recipe uses whole-grain frozen waffles instead of bread and has a carrot cake-like filling made with reduced-fat cream cheese, shredded carrot, raisins and walnuts sweetened with a touch of maple syrup. Even better, it's ready in 5 minutes!

- 2 whole-grain frozen waffles
- 2 tablespoons reduced-fat cream cheese (Neufchâtel)
- ½ cup shredded carrot
- 2 tablespoons raisins
- 1 tablespoon chopped walnuts
- 2 teaspoons pure maple syrup

Toast waffles. Spread cream cheese on 1 waffle. Top with carrot, raisins and walnuts. Drizzle with maple syrup. Top with the remaining waffle.

SERVES 1

Per serving: 441 calories; 20 g fat (6 g sat, 6 g mono); 95 mg cholesterol; 57 g carbohydrate; 12 g added sugars; 13 g protein; 5 g fiber; 400 mg sodium; 604 mg potassium.

Nutrition bonus: Vitamin A (193% daily value), Calcium (28% dv), Potassium (17% dv), Magnesium (16% dv).



Healthy Carrot Recipes

COCONUT-CARROT MORNING GLORY MUFFINS

☐ Heart Health ☐ Diabetes
☐ Weight Loss ☐ Gluten Free

ACTIVE: 20 MIN **TOTAL:** 1 HR

TO MAKE AHEAD: Individually wrap in plastic and store at room temperature for up to 3 days or freeze for up to 3 months. To reheat, remove plastic, wrap in a paper towel and microwave on High for 30 to 60 seconds. **EQUIPMENT:** Muffin tin with 12 (½-cup) cups

These carrot-flecked, whole-grain morning glory muffins can be made ahead for breakfast or a snack so you can hit the ground running on a busy morning. Add a nonfat latte and your day will be off to a healthy start. Or make this coconut-carrot morning glory muffin recipe for a special brunch. Look for coconut oil, in jars or tubs, near other cooking oils in large supermarkets, in the natural-foods section, or in natural-foods stores.

- 1 cup whole-wheat or white whole-wheat flour
 - ½ cup old-fashioned rolled oats, plus 2 tablespoons for garnish
 - 2 teaspoons baking powder
 - 2 teaspoons ground cinnamon
 - ½ teaspoon salt
 - ¼ teaspoon ground allspice
 - 2 large eggs
 - 1 cup unsweetened applesauce
 - ⅓ cup honey
 - 2 teaspoons vanilla extract
 - ¼ cup coconut oil, melted if necessary (see Tip)
 - 2 cups shredded carrots
 - ½ cup unsweetened shredded coconut, plus 2 tablespoons for garnish
 - ½ cup raisins
1. Preheat oven to 350°F. Coat a 12-cup muffin tin with cooking spray.
 2. Whisk whole-wheat flour, ½ cup oats, baking powder, cinnamon, salt and allspice in a medium bowl.
 3. Whisk eggs, applesauce, honey and vanilla in a large bowl. Whisk in coconut oil. Gently stir in the flour mixture just until moistened. Fold in carrots, ½ cup coconut and raisins.



4. Divide the batter among the muffin cups. Sprinkle with the remaining 2 tablespoons each oats and coconut.
5. Bake the muffins until they spring back when lightly touched and a toothpick inserted in the center comes out with only moist crumbs attached, 30 to 35 minutes. Let stand in the pan for 10 minutes before turning out onto a wire rack. Serve warm or at room temperature.

MAKES: 1 DOZEN MUFFINS

TIP

Coconut oil is solid at temperatures below 76°F. To melt solidified coconut oil, remove the lid and place the container in a bowl of very hot water; stir frequently until melted.

Per muffin: 186 calories; 8 g fat (6 g sat, 1 g mono); 31 mg cholesterol; 28 g carbohydrate; 7 g added sugars; 4 g protein; 3 g fiber; 206 mg sodium; 193 mg potassium.
Nutrition bonus: Vitamin A (63% daily value).

Healthy Carrot Recipes

CARROT-GINGER VINAIGRETTE

☒ Heart Health ☐ Diabetes

☐ Weight Loss ☒ Gluten Free

ACTIVE: 15 MIN **TOTAL:** 15 MIN

TO MAKE AHEAD: Cover and refrigerate for up to 3 days.

This Asian carrot-ginger vinaigrette recipe is so yummy, you'd never guess it contains 37% of the daily value of vitamin A from the carrots. Use this quick and easy ginger salad dressing tossed with zesty salad greens or Asian stir-fry greens.

- 1 cup shredded carrot
- ½ cup canola oil
- ⅓ cup rice vinegar
- 2 tablespoons white miso (see Tip)
- 2 tablespoons chopped onion
- 1 tablespoon chopped fresh ginger
- 1 tablespoon reduced-sodium soy sauce

Place carrot, oil, vinegar, miso, onion, ginger and soy sauce in a blender or food processor and puree until smooth. Or blend in a large glass measuring cup or wide jar with an immersion blender.

MAKES: ABOUT 1¼ CUPS

Per 2-tablespoon serving: 112 calories; 11 g fat (1 g sat, 7 g mono); 0 mg cholesterol; 2 g carbohydrate; 0 g added sugars; 1 g protein; 1 g fiber; 189 mg sodium; 51 mg potassium.
Nutrition bonus: Vitamin A (37% daily value).



TIP

Miso is a fermented soybean paste that adds flavor to dishes like soups, sauces and salad dressings. White or sweet miso (Shiromiso), made with soy and rice, is yellow and milder in flavor. Look for it near tofu at well-stocked supermarkets. It will keep in the refrigerator for at least a year.

Healthy Carrot Recipes

POMEGRANATE MOLASSES-GLAZED CARROTS WITH PISTACHIOS

✓ Heart Health ✓ Diabetes
✓ Weight Loss ✓ Gluten Free

ACTIVE: 35 MIN **TOTAL:** 35 MIN

TO MAKE AHEAD: Keep warm in a 225°F oven for up to 30 minutes.

In this glazed carrot recipe, instead of a traditional sugar glaze, we glaze spiced carrots with a combination of sweet-tart pomegranate molasses and honey. A touch of butter and a sprinkling of pistachios make them a decadent yet simple vegetable side dish for any meal.

- 2 pounds carrots, peeled and diagonally sliced (1/4-inch)
- 1/2 cup water
- 2 tablespoons pomegranate molasses (see Tip)
- 2 tablespoons honey
- 2 tablespoons butter
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1/3 cup chopped salted pistachios
- 2 tablespoons snipped fresh chives

Combine carrots, water, pomegranate molasses, honey, butter, cinnamon and salt in a large skillet. Bring to a boil over medium-high heat. Cover and cook until the carrots are just tender, 6 to 8 minutes. Uncover and cook, stirring frequently, until the liquid is a syrupy glaze, 6 to 8 minutes more. Remove from heat and stir in pistachios and chives. Serve warm.

SERVES 8: 1/2 CUP EACH

Per serving: 119 calories; 5 g fat (2 g sat, 2 g mono); 8 mg cholesterol; 17 g carbohydrate; 6 g added sugars; 2 g protein; 3 g fiber; 241 mg sodium; 381 mg potassium.

Nutrition bonus: Vitamin A (340% daily value).



TIP

Pomegranate molasses has a bright, tangy flavor. (Don't confuse it with grenadine syrup, which contains little or no pomegranate juice.) Find it in Middle Eastern markets and some large supermarkets near the vinegar or molasses.

To make your own: Simmer 4 cups pomegranate juice, uncovered, in a medium nonreactive saucepan over medium heat until thick enough to coat the back of a spoon, 45 to 50 minutes. (Do not let the syrup reduce too much or it will darken and become very sticky.) Makes about 1/2 cup.

Refrigerate in an airtight container for up to 3 months.

Healthy Carrot Recipes

HARISSA-RUBBED STEAK & CARROT SALAD

☐ Heart Health ☒ Diabetes
☒ Weight Loss ☒ Gluten Free

ACTIVE: 35 MIN **TOTAL:** 35 MIN

Here we pair harissa-rubbed grilled steak with tangy North African-spiced carrots. Serve with whole-wheat couscous.

- 2 tablespoons lemon juice
- 1 tablespoon extra-virgin olive oil
- 2 cloves garlic, minced
- 1½ teaspoons ground cumin
- ½ teaspoon ground cinnamon
- ½ teaspoon paprika
- ¾ teaspoon kosher salt, divided
- 3 cups thinly sliced carrots (about 1 pound)
- 1-1¼ pounds skirt steak (see *Tips*), trimmed and cut into 4 portions
- 4 teaspoons harissa (see *Tips*)
- 1 tablespoon chopped fresh parsley or cilantro for garnish

1. Preheat grill to medium-high. (No grill? See *Broiler Variation*.)
2. Whisk lemon juice, oil, garlic, cumin, cinnamon, paprika and ½ teaspoon salt in a microwave-safe medium bowl. Add carrots; stir to coat. Cover and microwave on High until the carrots are tender-crisp, about 2 minutes. Uncover. (Alternatively, steam carrots over 1 inch of boiling water in a large saucepan fitted with a steamer basket until tender-crisp, 2 to 3 minutes. Toss the carrots with the spice mixture.)
3. Rub both sides of steak with harissa and sprinkle with the remaining ¼ teaspoon salt. Grill the steak 1½ to 3 minutes per side for medium. Transfer to a clean cutting board and let rest for 5 minutes, then thinly slice across the grain. Serve with the spiced carrots, garnished with parsley (or cilantro), if desired.

SERVES 4

Per serving: 270 calories; 13 g fat (4 g sat, 8 g mono); 74 mg cholesterol; 12 g carbohydrate; 0 g added sugars; 25 g protein; 4 g fiber; 569 mg sodium; 763 mg potassium.

Nutrition bonus: Vitamin A (343% daily value), Zinc (39% dv), Potassium (22% dv), Iron (19% dv), Vitamin C (17% dv).



TIPS

- Depending on your region, skirt steak may not be something your supermarket regularly carries—call ahead to make sure it's available or ask your butcher to order it for you. It's usually sold in about 1-pound cuts up to 18 inches long and 5 inches wide, but just ¼ inch thick. Before cooking, cut the steak with the grain into several portions to make the long piece more manageable on the grill or in a skillet. Once cooked, be sure to slice it across the grain for maximum tenderness. Hanger steak, flat-iron and flank steak can all be used as substitutes.
- Harissa is a fiery Tunisian chile paste commonly used in North African cooking. Find it at specialty-food stores, mustaphas.com or amazon.com. Different brands of harissa vary in heat, so taste it and add accordingly.
- **Broiler Variation:** Position rack in upper third of oven; preheat broiler. Coat a broiler pan or large baking sheet with cooking spray. Broil steak on the prepared pan, turning once, 2 to 4 minutes per side for medium.

Healthy Carrot Recipes

CARROT SOUP

✓Heart Health ✓Diabetes

✓Weight Loss ✓Gluten Free

ACTIVE: 40 MIN **TOTAL:** 50 MIN

TO MAKE AHEAD: Cover and refrigerate for up to 4 days or freeze for up to 3 months.

This easy carrot soup is a great way to use up a bag of carrots that were forgotten in your produce drawer.

- 1 tablespoon butter
- 1 tablespoon extra-virgin olive oil
- 1 medium onion, chopped
- 1 stalk celery, chopped
- 2 cloves garlic, chopped
- 1 teaspoon chopped fresh thyme *or* parsley
- 5 cups chopped carrots
- 2 cups water
- 4 cups reduced-sodium chicken broth, “no-chicken” broth (*see Tip*) *or* vegetable broth
- ½ cup half-and-half (optional)
- ½ teaspoon salt
- Freshly ground pepper to taste

1. Heat butter and oil in a Dutch oven over medium heat until the butter melts. Add onion and celery; cook, stirring occasionally, until softened, 4 to 6 minutes. Add garlic and thyme (or parsley); cook, stirring, until fragrant, about 10 seconds.

2. Stir in carrots. Add water and broth; bring to a lively simmer over high heat. Reduce heat to maintain a lively simmer and cook until very tender, about 25 minutes.

3. Puree the soup in batches in a blender until smooth. (Use caution when pureeing hot liquids.) Stir in half-and-half (if using), salt and pepper.

SERVES 8: ABOUT 1 CUP EACH

Per serving: 77 calories; 3 g fat (1 g sat, 2 g mono); 4 mg cholesterol; 10 g carbohydrate; 0 g added sugars; 3 g protein; 3 g fiber; 484 mg sodium; 396 mg potassium.

Nutrition bonus: Vitamin A (269% daily value).

Carbohydrate servings: ½

Exchanges: 1 vegetable, 1 fat



TIP

Chicken-flavored broth, a vegetarian broth despite its name, is preferable to vegetable broth in some recipes for its hearty, rich flavor. Sometimes called “no-chicken” broth, it can be found with the soups in the natural-foods section of most supermarkets.

Healthy Carrot Recipes

SAVORY CARROT & TARRAGON TART

☐ Heart Health ☒ Diabetes
☐ Weight Loss ☐ Gluten Free

ACTIVE: 45 MIN **TOTAL:** 1¼ HRS

TO MAKE AHEAD: Prepare the crust (Step 2), wrap tightly and refrigerate for up to 3 days. Loosely cover and refrigerate the baked tart for up to 1 day. **EQUIPMENT:** 9- to 10-inch tart pan (with or without removable bottom)

The bright orange carrots in this savory tart are a feast for the eyes and the palate. Tarragon lends bold flavor to the tart. Other herbs, such as thyme or rosemary, would be delicious too.

CRUST

- 1 cup all-purpose flour
- ½ cup whole-wheat flour
- 1½ teaspoons fresh tarragon leaves or ½ teaspoon dried
- ½ teaspoon salt
- 4 tablespoons cold unsalted butter, cut into small pieces
- ¼ cup extra-virgin olive or canola oil
- ¼ cup low-fat plain yogurt

FILLING

- 2 tablespoons extra-virgin olive or canola oil
- 1 cup thinly sliced red onion
- 1½ cups grated carrots
- 2 tablespoons dry sherry or rice vinegar, divided
- 1 tablespoon Dijon mustard
- ½ cup shredded reduced-fat Cheddar cheese
- ½ cup low-fat plain yogurt
- ½ cup low-fat milk
- 2 large eggs
- 2 teaspoons finely chopped fresh tarragon or ¾ teaspoon dried
- ¼ teaspoon salt
- ⅛ teaspoon freshly ground pepper

1. Preheat oven to 350°F.

2. **To prepare crust:** Coat a 9- to 10-inch tart pan with cooking spray. Place all-purpose flour, whole-wheat flour, tarragon and ½ teaspoon salt in a food processor; pulse to combine. Add butter one piece at a time, pulsing once or twice after each addition, until incorporated. Add ¼ cup oil and ¼ cup



yogurt and pulse just until the dough starts to come together. Transfer the dough to the prepared pan (it will be crumbly), spread evenly and press firmly into the bottom and all the way up the sides to form a crust.

3. Bake the crust until set but not browned, about 15 minutes. Let cool on a wire rack.

4. **To prepare filling:** Heat 2 tablespoons oil in a large skillet over medium heat. Add onion and cook, stirring occasionally, until tender, about 5 minutes. Stir in carrots and 1 tablespoon sherry (or rice vinegar) and cook, stirring, for 2 minutes. Remove from the heat.

5. Spread mustard over the crust. Sprinkle with Cheddar, then evenly spread the carrot mixture in the tart shell.

6. Whisk ½ cup yogurt, milk, eggs, tarra-

gon, the remaining 1 tablespoon sherry (or rice vinegar), ¼ teaspoon salt and pepper in a medium bowl. Place the tart pan on a baking sheet and pour in the filling.

7. Bake the tart until the filling is firm and the edges are golden brown, 40 to 45 minutes. Let cool for 15 minutes before slicing. Serve warm or chilled.

SERVES 8

Per serving: 304 calories; 20 g fat (7 g sat, 9 g mono); 75 mg cholesterol; 24 g carbohydrate; 0 g added sugars; 8 g protein; 2 g fiber; 403 mg sodium; 211 mg potassium.

Nutrition bonus: Vitamin A (80% daily value), Calcium (16% dv).

Carbohydrate servings: 1½

Exchanges: 1 starch, 1 vegetable, 4 fat

Healthy Carrot Recipes



GRILLED HALIBUT SALAD WITH BEET-CARROT SLAW

- ☒ Heart Health ☒ Diabetes
- ☒ Weight Loss ☒ Gluten Free

ACTIVE: 30 MIN **TOTAL:** 30 MIN

The halibut doesn't stick or fall apart in this salad recipe because you grill it on foil. A beet and carrot slaw with tarragon-lemon vinaigrette makes this meal a standout.

- 1 lemon, sliced
- 1¼ pounds halibut or swordfish, skinned
- ¾ teaspoon salt, divided
- 6 sprigs fresh tarragon plus 2 tablespoons finely chopped, divided
- 5 tablespoons extra-virgin olive oil
- ¼ cup lemon juice
- 1 teaspoon whole-grain mustard

- ¼ teaspoon freshly ground pepper
- 2 heads butterhead lettuce, torn
- 1 large beet, preferably golden or Chioggia, shredded
- 1 large carrot, shredded

1. Preheat grill to medium.
2. Measure a piece of foil large enough to hold the fish and coat it with cooking spray. Place a layer of lemon slices on the foil and lay fish on the lemon slices. Sprinkle with ¼ teaspoon salt and top with tarragon sprigs.
3. Grill the fish on the foil (without turning) until it flakes easily, 12 to 20 minutes, depending on the thickness.
4. Meanwhile, whisk oil, lemon juice, chopped tarragon, mustard, pepper and the remaining ½ teaspoon salt in a bowl.
5. Toss lettuce with about ¼ cup of the

dressing in a large bowl; divide among 4 plates. Add beet and carrot to the bowl; toss with 2 tablespoons of the dressing. Divide the fish and slaw among the plates (discard the tarragon sprigs and lemon slices). Drizzle with the remaining dressing.

SERVES 4

Per serving: 339 calories; 20 g fat (3 g sat, 14 g mono); 69 mg cholesterol; 10 g carbohydrate; 0 g added sugars; 30 g protein; 4 g fiber; 597 mg sodium; 1,296 mg potassium.

Nutrition bonus: Vitamin A (209% daily value), Folate (52% dv), Potassium (37% dv), Vitamin C (27% dv), Iron & Magnesium (18% dv).

Carbohydrate servings: ½

Exchanges: 2 vegetable, 3½ lean meat, 3 fat

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A recipe checked...

- ☒ **Heart Health** has limited saturated fat.
- ☒ **Diabetes** is low in calories and meets limits for Carbohydrate Servings.
- ☒ **Weight Loss** has reduced calories (and limited saturated fat).
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