



Healthy Recipe: Carrot Sauce, two ways!

Carrots are healthy, colorful vegetables that are in season all year long. This carrot sauce recipe can be made sweet or savory, depending on your meal! Use the sweet sauce on top of oatmeal for breakfast and use the savory sauce on pasta, fish, chicken, or lean pork! Recipe ideas are on the reverse side of this recipe card.

Ingredients:

Basic Carrot Sauce:

- 2 pounds of carrots
- 1/4 cup milk
- 1/4 cup water
- 1 tbsp. olive oil

Sweet Cinnamon Sauce addition:

- 1 tbsp. pure cane sugar
- 1 tbsp. ground cinnamon

Savory Carrot Ginger Orange Sauce addition:

- 1 teaspoon cumin or coriander
- 2 teaspoons garlic powder
- 3 tsps. Ground ginger
- 1/4 orange
- 1 tsp salt and pepper

Instructions:

1. Peel and chop carrots into 1 inch slices.
2. Boil, covered for 20-25 minutes or until tender. Drain carrots and reserve pot.
3. Using a blender, masher, or fork, combine boiled carrots, milk, water, and olive oil until smooth and creamy.
4. Pour sauce into warm pot.
5. Stir in Sweet OR Savory addition and simmer for 5 minutes.
6. See reverse side for recipe ideas!

Yellowtail Fish w/ Savory Carrot Ginger Orange Sauce

Ingredients:

- 2 lbs of Yellowtail Fillet (2-3 pieces)
- 1.5 cups All Purpose Flour
- 1/2 tbsp. cumin
- 1 tbsp. garlic powder
- 1 tbsp. ground ginger
- 1 tsp. salt
- 1 tsp. pepper
- 3/4 orange
- 1/2 cup Olive Oil
- Savory Carrot Ginger Orange Sauce

Instructions:

1. Squeeze orange onto both sides of each fillet. Let marinate for 10-15 minutes
 2. Meanwhile, combine flour and spices in a medium bowl
 3. Lightly coat each fish fillet in flour mixture
 4. Heat olive oil in sauté pan to medium heat
 5. Cook fish fillets on both sides for 3-4 minutes
- Serve with whole wheat pasta and Carrot Ginger Orange Sauce!

Breakfast Oatmeal with Sweet Carrot Cinnamon Sauce

Ingredients:

- 5 cups of quick, whole oats
- 3 cups of water
- dash of salt
- Sweet Carrot Cinnamon Sauce

Instructions:

1. Boil water and stir into whole oats
2. Separate into 6 small serving bowls
3. Top each serving with Sweet Carrot Cinnamon Sauce as desired

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