

## A tasty way to enjoy more carrots

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(HealthDay)—Carrot sticks are fine for a snack, but that's far from the only way to get these tasty veggies into your diet.

Carrots are naturally high in [beta carotene](#), and they're great for liver and skin health. These sweet root vegetables come in a wide range of colors, all of which are nutritious. When buying carrots, choose those that are firm and without cracks. Store them in the fridge for up to two weeks. Note: Baby carrots are no different than regular carrots except that they've been cut down to a small size, at a cost to consumers.

Because carrots add great crunch to dishes, you can use them raw in many types of vegetable-based salads. They're also a great addition to [salad dressings](#), like this one reminiscent of the kind served in Asian restaurants. Try it over a simple salad as suggested or over steamed green beans or almost any vegetable to give it more zing. Best of all, it requires zero cooking.

### **Baby Greens With Carrot Ginger Dressing**

- 1 pound mixed baby greens
- 1 pint cherry tomatoes, quartered
- 1 large cucumber, thinly sliced
- 1 large carrot, peeled and coarsely chopped
- 2 tablespoons sesame oil
- 1 tablespoon rice wine vinegar or apple cider vinegar
- 2 tablespoons ginger, peeled and chopped
- 2 garlic cloves, peeled
- 1/4 cup water, more as needed

Arrange the greens, tomatoes and cucumbers in a large bowl.

Place chopped [carrot](#) in a high-powered blender along with the sesame oil, vinegar, ginger, garlic and water. Blend until very smooth, adding more water if needed, one tablespoon at a time.

Pour dressing over the salad and toss well. Serve immediately.

Yield: 4 servings

**More information:** The U.S. Department of Agriculture has a library of healthful recipes that include [carrots](#).

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