



FarmFresh

Recipes

July 2020

Available Now...

Carrots

Every year, more than 2,000 acres of carrots are harvested in Colorado.



Did you know?

This vibrant root veggie comes in the familiar orange color, but also look for purple, red, white and yellow varieties. Choose smooth, firm and crisp carrots, avoiding those that are soft, wilted or split. Carrots are fat free, low in sodium and provide an excellent source of Vitamin A and a good source of Vitamin C.

Fresh Inspirations...

Grilled Bacon Wrapped Carrots with Honey Glaze

Ingredients

2 lbs. Baby Carrots with Tops
1-1.5 lbs. Applewood Thick Cut Bacon
Kosher Salt to Taste
Black Ground Pepper to Taste
Honey to Taste
Olive Oil

Directions

Trim carrot tops down to the thickest part right above the carrot then wash and peel. Partially cook carrots in salted boiling water for 5-7 minutes. Shock carrots in ice water until fully cooled. Lightly oil carrots and season to taste with salt and pepper. Wrap one piece of bacon around each carrot tightly and tuck the bacon under itself to prevent unraveling. Continue wrapping each carrot in bacon then place onto a cookie sheet. Preheat grill to 400°F. Place carrots onto the indirect side of the grill and close the lid. Cook carrots for 5-6 minutes, then rotate. Continue to do this on all sides of the carrot until the bacon is within 3 minutes of being done. Baste the carrots with honey and adjust seasoning as needed. Allow carrots to glaze for the final 3 minutes of cooking. Remove carrots from grill and serve.

Enjoy with a glass of Colorado wine such as Riesling from The Storm Cellar Winery in Hotchkiss, Colorado. This wine is part of the 2019 Colorado Governor's Cup Collection, which includes wines that best represent Colorado's wine industry as selected by a panel of national and Colorado wine professionals.

Provided by Chef Jason K. Morse, CEC, 5280 Culinary, LLC and Ace Hardware Grill Expert

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state. Visit us at www.coloradoproud.org for a complete list of recipes.

Next Month... Colorado Sweet Corn