CARROTS!

eg Out!
with Recipe for Success

PANANG CURRY

Yield: 4-6 Servings
Recipe created by Recipe for Success

INGREDIENTS

1½ tablespoons	oil
½ cup	shallots
2 tablespoons	grated ginger
4	garlic cloves, minced
¼ cup	peanut butter
2 teaspoons	turmeric
1 teaspoon	cumin
1 teaspoon	chili paste
1 cup	water
1 can	coconut milk
3 teaspoons	fresh lime juice OR 1½ teaspoons lime zest
1 tablespoon	light brown sugar
2	packages of tofu (extra firm)
3	carrots, julienned (or thinly sliced)
1	large red bell pepper

CARROTS ARE MOSTLY KNOWN FOR THEIR HELP PROMOTING VISION AND LONG-TERM EYE HEALTH. THEY ALSO PROVIDE ANTIOXIDANTS, IMPORTANT TO HELP TO PREVENT CANCERS AND DELAY THE AFFECTS OF AGING.

VEGGIES! 30 WAYS IN 30 DAYS
TAKE THE CHALLENGE!

MAKE THE CURRY

Sauté shallots ginger and garlic till shallots are tender.

Add peanut butter, turmeric, cumin and chili; sauté till fragrant.

Whisk in water then coconut milk.

Add in lime and brown sugar, bring to simmer and season.

Add tofu, carrots, and bell pepper and let simmer over medium until carrots are tender.

COOKING TIP
If you find yourself without a peeler to remove the outer layer off of your carrot, you can use your knife as an alternative. Place your blade vertical on the carrot and scrape the outer layer off while pushing the knife away from your supporting hand.

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EMERGENCY AID COALITION

Recipe for **Success**
Changing the way our children eat

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