The Market Basket of the Month featured vegetable is **CARROTS**

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**November**

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**Carrots with Tomatoes and Macaroni**

**Ingredients**

Serves 4

- 1 T. olive oil
- 1 onion (small, chopped)
- 4 plum tomatoes (chopped, from a can)
- ½ C. tomato juice (from a can)
- 6 carrots (large, peeled and sliced)
- ⅓ tsp. salt
- ¼ tsp. black pepper
- ¼ tsp. sugar
- 2 T. fresh parsley (chopped, or 1 tsp. dried)
- 1 tsp. butter
- 1 C. elbow macaroni, cooked

1. In a saucepan, cook the onion in the oil until soft but not brown. Add the tomatoes, carrots, salt, pepper and sugar.
2. Cover and cook over low heat for 5 minutes. Remove the cover and cook over low heat, stirring often, for another 5 minutes, or until the carrots are tender and the tomatoes are cooked down to a sauce. Stir in the parsley.
3. Mix the butter with the cooked macaroni. Stir the carrot mixture into the macaroni and serve.

**Let’s Move!**

**Football Toss:** Set up some targets and try to hit them with a football.

**Milk Jug Ball Toss:** Play catch using plastic milk cartons with the bottoms cut off and a small rubber ball or tennis ball.

**Scavenger Hunt:** Bundle up and go for a scavenger hunt in your neighborhood or at a local park. Make a list of specific items to find, like pinecones, rocks, etc.; or use descriptions, such as something brown, smooth, etc.

**Produce Tips**

- Carrots are best stored in the refrigerator vegetable drawer. This helps to keep them tasty and crunchy.
- Avoid carrots that are wrinkled or soft.

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**For locally grown carrots, visit our Market Basket of the Month partners:**

- Brown's Orchards & Farm Market
- Central Market York
- Flinchbaugh's Orchard & Farm Market
- Leg Up Farmers Market
- Miller's Plant Farm
- Penn Market

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Market Basket of the Month is a WellSpan Community Health & Wellness initiative.
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