Inside Out

CRUNCH THOSE CARROTS

They add a slight sweetness and a punch of color to salads, sandwiches and snacks—and they're packed with powerhouse nutrients. Add these vibrant root veggies to your diet and you'll be saying "What's up, doc?" a whole lot less.

Here's how the all-season superstar can help keep you looking and feeling healthier year-round.

Protects vision

Your body converts beta carotene (which gives carrots their orange color) into vitamin A, which is important in maintaining eye health. This may help cut your risk of developing a variety of vision issues (including cataracts, night blindness and macular degeneration) and protect eyes from sun damage.

Reduces cancer risk

Carrots pack in two primary antioxidants—carotenoids and anthocyanins—known to ward off harmful free radicals and help protect against colon, prostate and stomach cancers.

Strengthens the immune system

Just one medium carrot provides more than 200% of the daily value for vitamin A and also boasts calcium, magnesium, phosphorus, potassium and vitamin C, which is a mighty immune booster and infection fighter.

Clears complexion

While eating carrots helps maintain healthy skin from the inside, you can also apply carrots topically for brighter skin. To make an all-natural mask at home, in equal parts, mix carrot juice, egg white and yogurt. Apply to face, leave on for 15 minutes, and rinse. You're glowing!

APPLE-CARROT SLAW WITH PISTACHIOS

Combine 6 cups julienned **carrots,** 4 julienned **sweet apples,** ¼ cup **lemon juice,** 2 Tbsp. **sugar,** 1½ tsp. **cinnamon,** ½ cup chopped **pistachios** and ⅛ tsp. **salt.** Just before serving, sprinkle with ½ cup additional pistachios. ●