**Dicating a Carrot**

**STEP 1**
Trim off the stem.

**STEP 2**
Cut carrot in half.

**STEP 3**
Slice carrot on four sides, so it resembles a block.

**STEP 4**
Lay carrot on one side; cut lengthwise into ¼ inch planks.

**STEP 5**
Cut each plank into ¼ inch strips.

**STEP 6**
Gather strips; cut horizontally into small dices.

---

© 2011, Regents of the University of Minnesota. All rights reserved. This tip sheet was developed in conjunction with the Great Trays™ Partnership. Adapted with permission by Trina Barno, Linda Dieleman, and Mary Caskey from Technical Assistance tools, part of the Iowa Gold Star Cycle Menus created in 2010 by the Iowa Team Nutrition Project (Iowa Department of Education) and Iowa State University Extension. University of Minnesota Extension is an equal opportunity educator and employer. In accordance with the Americans with Disabilities Act, this material is available in alternative formats upon request. Direct requests to 612-626-6602. For more information on Great Trays™, visit [http://z.umn.edu/greattrays](http://z.umn.edu/greattrays).