1. Trim off stem

2. Cut carrot in half

Dicing a Carrot

Compiled by Iowa State University Extension, 2010 with information from "How to Use a Chef Knife" by Danilo Alfaro at http://culinaryarts.about.com/od/knivescutlery/ss/anat-knife_2.htm and Culinary Techniques for Healthy School Meals by National Foodservice Management Institute at http://www.nfsmi.org/ResourceOverview.aspx?ID=287

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

4. Lay carrot on one side and cut lengthwise into ¼ inch planks

5. Cut each plank into ¼ inch strips

6. Gather strips and cut horizontally into small dice