



Glazed Carrots

6 servings

Ingredients:

- 1/2 cup water or orange juice
- 1 1/2 TBSP. butter
- 2 TBSP. honey
OR 1 1/2 TBSP. brown sugar
- 1 lb. baby carrots
OR large peeled carrots cut into 1-inch thick coins
- salt & pepper to taste

Method:

1. To a medium sized sauce pan add water or orange juice, butter, honey, & brown sugar. Stir until combined and bring to a simmer over medium-high heat.
2. Carefully spoon carrots into boiling liquid. Bring liquid back to a boil.
3. Reduce to a simmer, stirring often. Cook until carrots reach the desired softness.
4. If carrots finish cooking before glaze thickens, remove carrots to serving dish & keep warm. Simmer cooking liquid, uncovered, until it is reduced to just enough to coat the carrots. Spoon over carrots before serving.

Toppings to try:

- Chopped, fresh parsley
- Toasted sunflower seeds, almonds, or walnuts
- Freshly grated orange zest
- Dried cranberries

