



GLAZED CARROTS

4 - 6 Servings

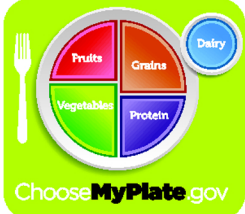
INGREDIENTS

- 2 Tbsp unsalted butter/olive oil
- 1 1/2 pounds carrots (6-7 large), peeled and sliced into 1/2 inch rounds
- 2 - 3 Tbsp brown sugar, maple syrup or honey
- 2 cups water
- Chopped chives, parsley, dill or fennel for garnish (optional)

DIRECTIONS

1. Bring water to a boil, add sliced carrots, boil/steam until tender. About 5 minutes.
2. Drain the cooked carrots. Add butter, sweetener and 2-3 more tablespoons of water to the pan and turn the heat to medium, stirring continuously.
3. Add cooked carrots back into the pan and cook on medium heat until the water has steamed off and carrots are nicely coated with a sweet glaze, about 2-3 minutes.
4. Garnish and serve.
5. **Tip:** this method can be used on carrots, parsnips, turnips, rutabagas or beets.

Eat a Rainbow!
Make half your plate fruits and vegetables.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer. In Vermont, SNAP is called 3SquaresVT. It can help low income people buy foods for a better diet. To find out more, contact the Vermont Foodbank toll-free at 855-855-6181