



Glazed Carrots

4 - 6 servings

INGREDIENTS

- 1 lb carrots (4-5 Large), peeled and sliced
- 2 Tbsp olive oil
- 2 Tbsp Maple Syrup
- 2 Cups water
- Optional: Chopped chives, parsley, or dill for garnish

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.



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