



Orange Glazed Carrots

Servings 4 | Prep time 15 mins. | Total time 25 mins.

Equipment:

Colander
Vegetable peeler
Cutting board
Large pot
Medium bowl
Medium frying pan

Utensils:

Knife
Stirring spoon
Measuring cups and spoons

Ingredients

1 pound carrots, sliced
1 cup 100% orange juice
1/4 teaspoon salt (optional)
1/2 teaspoon dried basil
1 pinch black pepper

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and vegetables.
2. Fill a large pot half-full with water. Bring to a boil.
3. In a medium frying pan over medium heat, warm orange juice until liquid thickens and reduces by about 3/4. Watch carefully after it reduces by 1/2 so that it does not boil dry in the pan. Juice may take up to 20 minutes to reduce.
4. Add carrots to boiling water. Cook until slightly soft but still a bit crunchy, about 7-10 minutes.
5. In a colander, drain carrots. Rinse under cold water.
6. In a medium bowl, add carrots, salt, basil, black pepper, and orange juice sauce. Toss until carrots are fully coated. Taste and adjust seasoning as needed.

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This material was funded by USDA's Supplemental Nutrition Assistance Program —SNAP.

Nutritional Information:

Calories 70
Total Fat 0g
Sodium 220mg
Total Carbs 0g
Protein 1g