



# Orange Glazed Carrots

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

Equipment: Colander, Vegetable peeler, Cutting board, Large pot, Measuring cups and spoons, Medium bowl, Medium skillet

Utensils: Knife, Stirring spoon

## Ingredients

1 pound carrots, peeled

1 cup orange juice

1/4 teaspoon salt

1/2 teaspoon dried basil

Pinch ground 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 boil.
3. While waiting for water to boil, cut carrots into 1/4 inch slices.
4. In a medium skillet over medium heat, heat orange juice until liquid thickens and reduces by about  $\frac{3}{4}$ . Watch carefully after it reduces by  $\frac{1}{2}$  so that it does not boil dry in the pan. Juice may take up to 20 minutes to reduce.
5. Add carrots to boiling water. Cook until slightly soft but still a bit crunchy, about 7-10 minutes.
6. In a colander, drain carrots. Rinse under cold water.
7. 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.

Nutritional Information:

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