



# 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, sliced  
1 cup orange juice  
1/4 teaspoon salt (optional)  
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. 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 make 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.

## Nutritional Information:

Calories 70  
Total Fat 0g  
Sodium 70mg  
Total Carbs 17g  
Protein 1g