

Orange-Glazed Carrots

Contributed by Jeanne B., Hopelink Harvest volunteer

Ingredients:

- 1 pound carrots
- 1 cup orange juice
- ¼ teaspoon salt
- Pinch black pepper
- *Optional:* ½ teaspoon dried basil

Method:

1. Fill a large pot half-full of water and bring to a boil.
2. Rinse and slice carrots into ¼ inch slices.
3. In a separate skillet over medium heat, heat orange juice until liquid thickens and reduces by about ¾. Watch carefully so it does not boil dry in the pan. This may take up to 20 minutes.
4. Add carrots to pot of boiling water. Cook until still a bit crunchy, 7-10 minutes.
5. Drain carrots in a colander and rinse under cold water.
6. In a medium bowl add carrots, orange juice and spices. Toss until fully coated. – Enjoy!

For more healthy recipes:
www.hopelink.org/need-help/food/healthy-recipes

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