



Glazed Carrots

4 - 6 servings

INGREDIENTS

- 1 1/2 lbs carrots (6-7 Large), peeled and sliced
- 3 Tbsp butter/olive oil
- 2-3 Tbsp honey (can substitute for brown sugar or maple syrup)
- 2 Cups water
- Chopped chives, parsley, fill or fennel for garnish (optional)

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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This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer.