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Stargazer Perennials Farm and Nursery, Summerville Oregon

Glazed Carrots and Sweet Onions with Ginger Sauce

Carrots are chock-full of beta-carotene and vitamin A. Researchers have found that by adding 2 fresh carrots to your diet per day you can help to reduce your bad cholesterol level by as much as 20%.

Naturally low in calories, this easy and quick vegetable side dish is a great way to add color, flavor and nutrition to your table.

Serves 6

- 1 tablespoon organic virgin olive oil
- 1 Sweet onion halved and cut in paper thin slices
- 2 pounds carrots, cut into 1-inch lengths, halved if thick
- 1 cup reduced-sodium chicken broth or water
- 1/2 teaspoon thinly sliced orange zest
- 1/8 tsp cayenne pepper
- 2/3 cup fresh orange juice
- 1 teaspoon honey
- 1 1/2-inch piece peeled fresh ginger, cut into matchsticks
- Coarse salt and ground pepper
- 2 tablespoons unsalted butter

Directions

In a large skillet, heat olive oil over medium-high. Add carrots and onion slices; cook, stirring once, until the vegetables begin to brown, approximately 2 minutes. Add broth, orange zest, cayenne pepper, fresh orange juice, and ginger; season with salt and pepper. Bring to a boil; reduce to a simmer, cover, and cook until crisp-tender, 10 minutes. Uncover, and cook over medium-high until carrots are tender and liquid is syrupy, 7 to 9 minutes more (there should be only a small amount of liquid remaining). Remove skillet from heat; add butter, honey and swirl skillet until melted. Season with salt and pepper.

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