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 was 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 3/4, about 15-20 minutes.
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

This institution is an equal opportunity provider. http://www.section508.gov/content/learn This material was funded by USDA's Supplemental Nutrition Assistance Program—SNAP.