

BRAISED CARROTS WITH GINGER AND THYME

Yield: 6 Portions

Ingredients	Amounts
Carrots	2 cups
Salt	¼ tsp.
Brown sugar	1 Tbsp.
Ginger, zested	2 tsp.
Thyme	2 tsp.
Butter	½ Tbsp.

Method

1. Slice carrots on the bias into ¼-inch thick slices.
2. Set a large sauté pan over medium-high heat.
3. Put 1 cup water into pan. Add salt and brown sugar to the pan.
4. Bring to a boil, stir well, and add carrots. Reduce heat to medium. Cook until carrots are fork-tender, about 10 minutes.
5. Drain excess water. Add the ginger, thyme, and butter. Toss and serve immediately.

Nutrition Information (per serving/portion)

Calories: 35/Protein: 0 g/Carbohydrate: 6 g/Fiber: 1.5g/Carbohydrate to fiber ratio: 4
Saturated fat: 0.5 g/Polyunsaturated fat: 0 g/Monounsaturated fat: 0 g
Trans fat: 0 g/ Sodium: 75 mg/Potassium: 140 mg / Added sugar: 5 g

Source: Julia Nordgren, as presented at the 2020 Healthy Kitchens, Healthy Lives® conference.
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