

## Orange-Honey Glazed Carrots

*A perfect do-ahead recipe, glazed carrots are the perfect accompaniment to main courses. They add color and plenty of vitamins A, C and fiber. The honey brings out the natural sweetness of carrots and ginger pairs well with all root vegetables.*

Serving Size: 1 cup

Serves: 4-5

### Ingredients:

2 pounds carrots, peeled (5 cups)  
2 T unsalted butter  
2 T honey  
kosher salt to taste  
1 tsp. minced fresh ginger  
1 tsp. grated orange zest  
1/2 cup orange juice  
1/2 tsp. black pepper



### Instructions:

- Cut the carrots diagonally in 1-inch-thick slices.
- Place 1/2 cup water, the butter, honey, salt to taste and ginger in a large saute pan and bring to a boil.
- Add the carrots, cover, and simmer over medium-low heat for 5 minutes.
- Remove the lid and continue to cook for 10 to 15 minutes, until all the water has evaporated.
- Add the orange zest and orange juice to the pan, tossing with the carrots. Simmer uncovered for about 5 minutes, until the carrots are tender, but still resistant when you bite into them and the sauce glazes the carrots.
- Add the pepper and taste for salt.

Per Serving- Calories: 190 Saturated Fats: 3.7 g Sodium: 158 mg Added Sugars: 8.5 g Dietary Fiber: 6.6 g Protein: 2.5 g

Recipe courtesy of Ina Garten's Barefoot Contessa at Home p133

