



The Edible Garden

Recipe featured at the *Cooking for Kids* demonstration, September 15

Honey Glazed Carrots

By: Brett August, Chef and finalist on *The Next Food Network Star*

Ingredients *Serves 4*

3 cups of carrots, peeled and sliced into half moons
½ cup salted butter
1 tablespoon brown sugar
1 tablespoon honey
½ teaspoon cinnamon
¼ teaspoon nutmeg
Sage, freshly minced

Instructions

1. Melt the butter in medium saute pan. Add the brown sugar, honey, nutmeg, and cinnamon and blend together.
2. Add carrots and cover. Cook for about 15 minutes, stirring occasionally. Carrots should still be firm when done cooking.
3. Remove from heat and sprinkle with sage just before serving.