



The Edible Garden

Recipe featured at the *Cooking for Kids* demonstration, September 21

Moroccan Style Carrots

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Ingredients *Serves 4 as a side*

1 pound carrots, cut diagonally into ¼-inch thick slices
2 small garlic cloves, minced
1 tablespoon ginger, finely grated and squeezed
2 tablespoons olive oil
½ teaspoon ground cumin
¼ teaspoon ground cinnamon
2 teaspoons honey or agave nectar
¼ teaspoon cayenne pepper
1 ½ tablespoons fresh lemon juice, or to taste
3 tablespoons chopped parsley or mint
Salt and pepper to taste

Instructions

1. Fill a large pot with 1 inch of water. Place carrots in a steamer basket within the pot and cover. Steam for 6-8 minutes or until tender.
2. In a medium skillet, cook the garlic in olive oil over moderately low heat for 1 minute. Then add cumin, cinnamon, honey, cayenne, and carrots. Cook together for 1 minute or until the carrots are well coated with the mixture. Stir in the lemon juice, ginger juice, salt, and pepper to taste. Transfer the carrots to a bowl and let them cool to room temperature.
3. Add chopped parsley or mint. Refrigerate and let marinade for at least 30 minutes. The longer they sit, the better the flavor.