

NYBG

EDIBLE ACADEMY
FRESH FROM THE GARDEN TASTINGS



STOVETOP GLAZED CARROTS

Annie Novak

Yield: 4 servings

Ingredients

For the Slaw

- 6 large carrots
- 3 tablespoons Extra Virgin Olive Oil*
- 2 tablespoons Organic US Grade A Mountain Forest Honey Light Amber*
- 1/3 cup water
- Kosher Sea Salt* and Ground Black Pepper*, to taste (approximately 1/2 teaspoon salt and 1/4 teaspoon pepper)
- 1/4 cup cup finely chopped parsley leaves
- Organic Sunflower Kernels Roasted & Unsalted*, if desired

*365 Everyday Value® products are found exclusively at Whole Foods Market®.

Instructions

Wash the carrots; peel only if necessary. Using a food processor “shred” setting (or using a hand grater), shred the carrots. In a large skillet over medium-high heat, heat the olive oil. Add the carrots and cook, stirring, until they begin to brown (approximately 6 minutes over medium-high heat). Add the honey, water, salt and pepper. Stir once, then cook until the water is evaporated and the carrots start to caramelize, about three minutes. Stir once or twice more, then transfer to a serving dish.

If desired, in a dry pan over medium-high heat, toast sunflower seeds and add to the carrots for an extra crunch.

Sprinkle with parsley. Serve warm.

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