

# LEMON-GLAZED CARROTS (SERVES 8)

## INGREDIENTS:

4 pounds carrots (about 16 medium carrots)

1-2 lemons

Pinch of salt

Pinch of sugar

Water

## DIRECTIONS:

1. Wash and dry the carrots. Trim off the tops and bottoms and any damaged pieces. Peel only if necessary. Cut carrots on a diagonal into bite-sized pieces, somewhere between  $\frac{1}{4}$ - and  $\frac{1}{2}$ -inch thick.
2. Rub the bottom of a large frying pan with extra virgin olive oil. Add carrots to the pan and spread around. (If the carrots are too crowded in the one pan, use a second pan.) Add a pinch of salt and a pinch of sugar to the carrots. Squeeze the lemon (s) into the pan(s) and then add enough water to the pan to come up to the top of the carrots.
3. Place the pan(s) on the stove and cover partially. (You can tilt the lid of the pan so that some steam can escape.) Bring to a simmer and cook until carrots are tender and almost all the liquid has evaporated, usually 20-30 minutes. When there's just a small amount of liquid in the pan, stir the carrots to coat them with this "glaze." Serve and enjoy!

## TIPS:

- You can also use this recipe to make orange-glazed carrots. Substitute the lemon juice for freshly squeezed orange juice (from 1-2 oranges). Or, use a combination of lemon and orange juice.