

Garlic Carrots

Yield: 6 servings

Total Time: 20 minutes

Ingredients

- 2 tablespoons oil
- 1 pound carrots, peeled and sliced
- 2 garlic cloves, minced or 1/4 teaspoon garlic powder
- 1/4 teaspoon dried thyme, rosemary, or any favorite herb
- 1/4 cup hot water or low-sodium broth.
- 1/8 teaspoon black pepper
- Salt to taste

Preparation Instructions

1. Heat the oil in a skillet over medium heat. Sauté the carrots, garlic, and herbs in oil for 5 minutes.
2. Add the water or broth, and pepper. Bring to a boil.
3. Reduce heat to medium low. Cover and cook for 8-12 minutes or until the carrots are tender. Add salt to taste.

Nutrition Highlights

- This side dish is good for any time of the year.
- Great flavor comes from garlic and herbs, making this dish low in sodium (150mg per serving).
- Oil provides a serving of healthy fats.
- If you don't have carrots you can use this recipe with parsnips, beets, winter squash, or zucchini (you may have to adjust the cooking time).

Modified from: www.allrecipes.com

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