



SNACKS & SIDES

ORANGE-GLAZED CARROTS

Serves 4 , 3/4 cup per serving

Prep time: 15 minutes ▪ Cook time: 30 minutes



CARE AND SHARE™
FOOD BANK FOR SOUTHERN COLORADO

INGREDIENTS

- 1 pound carrots
- 1 cup orange juice
- 1/4 teaspoon salt
- 1/2 teaspoon dried basil
- Pinch ground black pepper

DIRECTIONS

1. Fill a large pot half-full with water. Bring to a boil.
2. While waiting for water to boil, rinse, peel, and slice carrots into 1/4-inch slices.
3. In a medium skillet over medium heat, heat orange juice until liquid thickens and reduces by about 3/4. Watch carefully after it reduces by 1/2 so that it does not boil dry in the pan. Juice may take up to 20 minutes to reduce.
4. Add carrots to boiling water. Cook until slightly soft but still a bit crunchy, about 7-10 minutes.
5. In a colander, drain carrots. Rinse under cold water.
6. In a medium bowl, add carrots, salt, basil, black pepper, and orange juice sauce. Toss until carrots are fully coated. Taste and adjust seasonings as needed.

CHEF'S NOTES

- To save time, steam carrots in the microwave instead of cooking on the stove. Place carrots in a microwave-safe dish with 1/2 cup of water for 3-5 minutes.
- Try parsnips instead of carrots.
- When oranges are in season or on sale, use fresh oranges instead of orange juice. Juice 2 oranges to get 1 cup of juice. Zest just one of the oranges. Stir juice into skillet in step 3. Add zest at the end of cooking time.

Nutrition Facts

Serving Size 3/4 cup (176g)
Servings Per Container 4

Amount Per Serving

Calories 80 Calories from Fat 5

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 230mg 10%

Total Carbohydrate 18g 6%

Dietary Fiber 3g 12%

Sugars 11g

Protein 2g

Vitamin A 380% • Vitamin C 40%

Calcium 4% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

RECIPE BY:
Chef Maureen
Pothier

