

Zesty Orange Carrots

Colorful and flavorful, this carrot, orange, and cinnamon side dish will make your plate pop with color.

Makes: 4 servings

Ingredients

- 16 ounces carrots, cut into $\frac{1}{4}$ inch strips
- $\frac{1}{4}$ teaspoon ground cinnamon
- $\frac{1}{2}$ orange
- 1 tablespoon honey
- 1 tablespoon butter
- 1 tablespoon fresh parsley (optional)



Directions

1. Bring about 2 cups of water to a gentle boil in saucepan.
2. Add carrots and cinnamon. Cook for about 10 minutes, until just tender.
3. While carrots are cooking, slice orange in half.
4. Squeeze juice from the orange and remove seeds.
5. Use a grater or sharp paring knife to carefully remove the orange 'zest' from the peel. Try not to get any of the white part as it will taste bitter. If using a paring knife, cut the peel into small slices.
6. When carrots are done, drain well.
7. Combine the orange juice, honey, butter, and orange zest; add to carrots and toss to mix. Serve while hot.

Notes

- Children under the age of 1 should not consume honey.

- Baby carrots can be used instead.

Recipe from: *Simple Healthy Recipes*, Oklahoma Nutrition Information and Education, ONIE Project, adapted by the USDA Food and Nutrition Administration.

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