Lemon carrots



Recipe credit

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About this recipe

Serves
4
Serving size
1/4 of prepared recipe
Time to make
10 minutes preparation; 25 minutes cook time
Special criteria
Vegetarian recipes

Ingredients

- 1 16-ounce package baby carrots OR 4 large carrots, cut into 2” pieces
- 1/4 cup water
- 1 1/2 teaspoon olive oil
- 2 tablespoons scallions, thinly sliced, plus additional for garnish
- 1 1/2 teaspoon fresh lemon juice
- 1 clove garlic, minced
- 1/4 teaspoon salt
- Optional: 1/8 teaspoon red pepper flakes

Directions

1. In a large non-stick skillet, combine carrots and water and bring to a boil over high heat.
2. Reduce heat; cover and simmer for 8 to 10 minutes or until carrots are almost tender.
3. Uncover and cook over medium-high heat until water evaporates.
4. Add oil and cook, stirring frequently, for about 5 minutes, or until carrots are lightly browned and just tender.
5. Stir in the remaining ingredients.
6. Cook, tossing for about 2 minutes, or until carrots are evenly coated.
7. Sprinkle with additional scallion, if desired.

Tips and variations

- These carrots are tasty hot or cold.
- Package leftover carrots into small containers and pack them in your children’s lunch for something surprisingly different.
- If you have leftover lemon carrots, chop them and add them to a salad or soup.

Nutritional info

Calories
68
Total fat
2 g
Saturated fat
0.3 g
Cholesterol
0 mg
Sodium
225 mg
Total carbohydrates
12 g
Dietary fiber
4 g
Protein
1 g
Total sugar
6 g

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