

Citrus-Glazed Carrots

2 cups sliced fresh carrots (about 4 carrots)

1 cup orange sections (about 2 oranges)

1/2 tablespoon honey

1/8 teaspoon salt

1/8 teaspoon ginger

Place carrots in a steamer basket. Place steamer basket in a saucepan filled with 1 inch of water. Bring water to a boil. Cover pan and steam carrots until tender-crisp. Combine all ingredients in a small saucepan and heat, stirring to coat carrots and citrus sections.

Microwave directions:

Cook carrots in a covered glass dish with 2 tablespoons water (or juice from orange sections) for 3 1/2 minutes on full power. Stir and then cook again for 3 1/2 minutes on full power. Drain. Add remaining ingredients and heat 1 minute. Makes 4 (3/4-cup) servings.

Selection and Storage

Carrots

Pick carrots that are firm, well-shaped and have a bright orange color. Avoid soft or cracked carrots.

Remove green leaves and refrigerate. Use within 1–2 weeks.