GINGER GLAZED CARROTS

YIELD: 4 SERVINGS  
PREP TIME: 10 MIN  
TOTAL TIME: 20 MIN

Ingredients

- 1 lb carrots (about 6 large)
- 1 1/2 Tablespoons oil (olive, vegetable, or canola)
- 1/2 teaspoon salt
- 1 1/2 Tablespoons maple syrup (or honey)
- 1/4 cup water
- One 2-inch piece of fresh ginger, peeled and grated (or 1/2 teaspoon ground ginger)
- 1 Tablespoon white sesame seeds

Procedure

1. Heat oil in a large frying pan over medium-high heat. Add the carrots and salt and cook, stirring often, until slightly tender (about 5 minutes).
2. While carrots cook, whisk the maple syrup, water and ginger in a small bowl.
3. Remove pan from heat and add the mixture (careful, as it may sizzle). Return pan to stove and reduce heat to medium-low. Simmer until liquid is syrupy and carrots are glazed, stirring frequently, about 4 minutes.
4. Remove from heat and sprinkle with sesame seeds. Serve immediately.