

Honey Mint Carrots

The line up of ingredients in this recipe is

2 pounds carrots peeled and cut into ½" oblique

¼ cup butter

½ cup fresh mint leaves

½ cup honey

Salt and pepper to taste

Directions:

Oblique cut: cut carrots at a 45 degree bias, quarter turn it towards you so the cut side faces up, cut again at 45 degree right through the middle of the cut face. Quarter turn it again and repeat the process.

Boil carrots in salted water till fork tender. Drain, add remaining ingredients and serve.

Did you know?

Carrot is one of the most healing foods that provide the finest and highest quality in nutrients, especially from its juice. It is an excellent source of pro-vitamin A, vitamins C, D, E, K, B1 and B6. It is rich with biotin, potassium, calcium, magnesium, phosphorus