

## **CARROTS**

### **Baked Carrots and Apples**

Slice in alternate layers into a heat resistant casserole:

4 or 5 chilled unpeeled carrots, cut into quarters lengthwise

1 to 3 unpeeled apples, quartered and then sliced

Top with bits of partially hardened margarine or butter; sprinkle with:

1 tsp. salt

1 tsp. lemon rind

3 Tbsp. hot water

Cover casserole, steam 5-10 minutes, then bake in hot oven at 400 degrees for 15-20 minutes, or until tender; or cook until tender over direct heat.

Variations: Omit lemon rind; top with whole wheat bread crumbs; bake until tender, and sprinkle with ½ cup grated or cubed American cheese; garnish with paprika; leave uncovered in oven until cheese melts.

### **Deviled Carrots**

#### **Steamed Carrots:**

Use waterless cooking utensil. Put 6 chilled unpeeled carrots into ¼ cup boiling water. Cover utensil, heat quickly, then simmer about 15 minutes, or until tender; \*\*cut in halves or quarters lengthwise. \*\*Add ½ tsp. salt and 2 tsp. oil or mayonnaise. Serve at once.

#### **Deviled Carrots:**

Just before serving \*\* add 2 Tbsp. each oil and brown sugar, 2 tsp. dry mustard, dash cayenne, ½ tsp. salt. \*\*Cut carrots lengthwise and mix well with seasonings.

### **Carrot – Pineapple Toss**

Drain one No. 2 can pineapple tidbits, reserving syrup. Mix pineapple, 2 cups shredded carrots, and 3/8 cup plumped raisins. Chill. Blend a little pineapple syrup and mayonnaise; toss with salad. Serves 6.

### **Honeyed Carrot Coins**

#### **INGREDIENTS**

- 1 1/2 cups sliced carrots
- 1/2 cup apple juice
- 1 tablespoon honey
- 1 teaspoon grated orange peel
- 1 teaspoon butter or margarine

- 1/4 teaspoon salt

## **DIRECTIONS**

1. In a small saucepan, combine carrots and apple juice. Cover and cook over medium heat for 10 minutes or until tender. Stir in the remaining ingredients. Serve with a slotted spoon.

## **Tangy Carrot Coins**

3 lbs. carrots, sliced

1/2 cup butter

3 T. brown sugar

3 T. Dijon mustard

salt

Place carrots in saucepan. Add 1 inch of water and bring to a boil. Reduce heat, cover and simmer for 7-9 minutes or till crisp-tender. Drain.

Add remaining ingredients; cook and stir over medium heat for 1-2 minutes or till sauce is thickened and carrots are well coated.

Serves 12

## **Carrot Coins with Maple-Balsamic Browned Butter**

Recipe By :

Serving Size : 4 Preparation Time :0:00

Categories :

Amount Measure Ingredient -- Preparation Method

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3 1/4 cups slices peeled [carrots](#) (about 1 pound) - (1/4-inch-thick)

1 tablespoon butter

1 tablespoon maple syrup

1 teaspoon balsamic vinegar

1/8 teaspoon salt

1/8 teaspoon freshly ground [black pepper](#)

1 teaspoon chopped fresh parsley

Steam carrots, covered, 15 minutes or until tender.

Melt butter in a medium nonstick skillet over medium heat. Cook butter 3 minutes or until lightly browned, stirring occasionally.

Add syrup, vinegar, salt, and black pepper; stir until combined.

Add carrots; cook 1 minute or until thoroughly heated, stirring to coat. Stir in parsley. Serving size: about 2/3 cup.

### **Glazed Carrot Coins**

#### **INGREDIENTS**

- 12 medium carrots, cut into 1 inch pieces
- 1/2 cup packed brown sugar
- 3 tablespoons butter or margarine
- 1 tablespoon grated lemon peel
- 1/4 teaspoon vanilla extract

#### **DIRECTIONS**

1. In a saucepan, cook carrots in a small amount of water until crisp-tender; drain. Remove and keep warm. In the same pan, heat brown sugar and butter until bubbly. Stir in lemon peel. Return carrots to pan; cook and stir over low heat for 10-15 minutes or until glazed. Remove from the heat; stir in vanilla.

### **Spiced Carrot Strips**

#### **INGREDIENTS**

- 5 large carrots, julienned
- 2 tablespoons butter or margarine, melted
- 1 tablespoon sugar
- 1 teaspoon salt
- 1/4 teaspoon ground cinnamon

#### **DIRECTIONS**

1. Place carrots in a saucepan; cover with water. cook until tender, about 8-10 minutes. Drain. Combine butter, sugar, salt and cinnamon; pour over carrots and toss to coat. Serve immediately.

### **Apricot Carrots**

#### **INGREDIENTS**

- 1 pound carrots, sliced
- 1/4 cup apricot preserves
- 1 tablespoon butter or margarine
- 1 teaspoon lemon juice
- 1/4 teaspoon grated orange peel
- 1/8 teaspoon ground nutmeg

## **DIRECTIONS**

1. Place carrots in a saucepan with enough water to cover; bring to a boil. Cover and cook for 8 minutes or until crisp-tender; drain. Add remaining ingredients; cook and stir over medium heat for 3 minutes or until preserves are melted and carrots are coated.

## **Dee Dee's Pour and Dump Carrots**

3 cans baby or sliced carrots – drained

maple syrup

honey

crushed pineapple (drained) to taste (Roger's secret baked bean ingredient)

tiny bit of parsley

I FORGOT THE BROWN SUGAR Xmas 2006