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# Orange Spiced Carrots

From *Cooking Caribe* (at *Perfect Pantry blog*, 2013)

Internet Address:



3/4 cup orange juice, or mango juice, or a combination

1 tablespoon brown sugar

1/4 teaspoon ginger

1/4 teaspoon freshly ground black pepper

3 cups shredded carrots, about 3 large carrots - shredded in a food processor

Chopped fresh parsley and fresh cilantro, about 1/4 cup totale, for garnish (1/4 cup total)

Carolyn T's Blog - Tasting Spoons  
<http://tastingspoons.com>

## Servings: 4

1. In a straight-sided nonreactive sauce pan, combine the juice, sugar, ginger and pepper. Bring to a boil over medium-high heat, and cook for 2 minutes, swirling the pan once or twice to dissolve the sugar.
2. Stir in the carrots, reduce heat to medium, and cook 3-4 minutes, until the carrots are cooked but not limp.
3. Drain and discard the cooking liquid. Sprinkle carrots with parsley and coriander.
4. Serve hot, at room temperature, or cold.
5. ALTERNATE: At step 2 place in microwave and nuke it on high for one minute; stir, and cook another minute. Continue cooking until the carrots are cooked to your liking.

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Per Serving (excluding unknown items): 70 Calories; trace Fat (3.3% calories from fat); 1g Protein; 16g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 33mg Sodium. Exchanges: 0 Grain(Starch); 2 Vegetable; 1/2 Fruit; 0 Fat; 0 Other Carbohydrates.