

Side Dish

Caramelized Carrots

Better Homes and Gardens Garden Fresh Recipes - July 2011

Servings: 8

Preparation Time: 20 minutes

Cook time: 22 minutes

1 tablespoon olive oil

1 pound whole small carrots with tops, peeled and halved lengthwise

1/8 teaspoon salt

2 cloves garlic, thinly sliced

1/3 cup whipping cream

dash cayenne pepper

snipped fresh Italian parsley (flat leaf)

In a large skillet, heat the oil over medium heat.

Add the carrots, cut sides down. Sprinkle with salt.

Cook, covered, for 10 minutes. Uncover. Turn the carrots and add the garlic. Cover and cook for 10 minutes more or until the carrots are tender and both sides are golden brown. During cooking, gently shake the skillet occasionally to prevent the carrots from sticking.

Transfer the carrots to a serving plate. Cover and keep warm.

Add the whipping cream and cayenne to the skillet. Bring to a boil. Reduce the heat and boil gently, uncovered, for 2 to 4 minutes until the cream is slightly thickened.

Pour over the carrots. Sprinkle with parsley.

Serve immediately.

Per Serving (excluding unknown items): 50 Calories; 5g Fat (94.0% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 13mg Cholesterol; 36mg Sodium. Exchanges: 0 Vegetable; 0 Non-Fat Milk; 1 Fat.