

Sesame Stir-Fry Carrots

Louise Furtek

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

*2 tablespoons onion,
minced
3 tablespoons butter or
margarine
4 cups carrots, thinly sliced
2 tablespoons sesame
seeds
1/2 teaspoon ground ginger
1/2 teaspoon salt
1/8 teaspoon ground black
pepper
1 teaspoon molasses or
sugar*

In a large skillet, melt the butter. Add the onion, carrots, sesame seeds, ginger, salt and pepper. Cook and stir over moderate to high heat until the carrots are just crisp-tender, about 5 minutes.

Stir in the molasses or sugar.

Per Serving (excluding unknown items): 641 Calories; 44g Fat (59.5% calories from fat); 9g Protein; 59g Carbohydrate; 18g Dietary Fiber; 93mg Cholesterol; 1600mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 10 1/2 Vegetable; 8 1/2 Fat.