

CIDER-GLAZED CARROTS WITH PUMPKIN SEEDS

Yield: 4 (1 cup per serving)



TOTAL TIME: 40 minutes

INGREDIENTS

- 1 pkg. (2 lbs.) carrots, trimmed, peeled
- 2 Tbsp. basting oil
- 2 cups apple cider
- 1 Tbsp. clover honey
- 1 Tbsp. Wegmans lemon-dill finishing butter (Dairy Dept.)
- Salt and pepper to taste
- 2 Tbsp. pumpkin seeds (Bulk Foods)

PREPARATION

Preheat oven to 450 degrees.

1. Cut carrots on bias (for even cooking, cut thinner segments a bit longer, decreasing lengths as carrot widens). Toss carrots with basting oil in large bowl; season with salt and pepper. Arrange in single layer on baking sheet. Roast 20 min., until tender. Remove from oven; set aside.
2. Make glaze: While carrots roast, add cider and honey to large skillet on medium-high. Stir to blend; bring to a boil. Cook, stirring about 10 min., until liquid is a syrupy consistency and mixture has reduced by about half. Remove from heat.
3. Add lemon-dill butter; stir to melt and blend.
4. Add carrots; toss to coat. Season to taste with salt and pepper. Sprinkle with pumpkin seeds.
5. Carrots can be roasted at 350 degrees about 40 min. or until tender.

NUTRITION

Per serving: Calories: 90; Fat: 4 g (1 g saturated fat); Cholesterol: 0 mg; Carbohydrates: 14 g; Protein: 1 g; Sodium: 60 mg.

Recipe courtesy of Wegmans