

From Sara Rice, Sunday Cooks 9/5/10, Mpls Farmers Market
www.foodifbylandandfoodifbysea.blogspot.com

Honey-Glazed Carrots with Apples and Raisins

2 lbs carrots, cut into 1" rounds
3 crisp apples, minced, diced, or julienned
1 1/2 C water
2 Tbsp cornstarch
1/2 C honey (Ames Farm would be great!)
1/4 C brown sugar (optional)
1/2 C raisins
1 tsp ground ginger
1 tsp ground cinnamon
Salt and pepper to taste

Directions:

1. Boil carrots for 15-20 minutes. Drain, reserving about 1 cup of water
2. Dissolve cornstarch in 1/4 cold water with honey, brown sugar, salt, pepper, ginger, and cinnamon.
3. Add cornstarch mixture to the carrots and reserved cooking water.
4. Stir to coat.
5. Mix in apples and raisins. Cook until the mixture thickens.
6. Remove from heat and serve.

Israeli Carrot Salad

2 lbs carrots, grated
zest of 1 lemon
2 lemons, juiced
1/4-1/2 C extra-virgin olive oil
3 Tbsp chopped flat-leaf parsley
Salt and pepper to taste

Directions:

Toss to combine.