

Maple Glazed Carrots and Beets

From – *Sam Eldred at penzeys.com*

4 medium carrots (1 lb), sliced into coins about 1/8-inch thick
4 medium beets (1 lb), sliced about 1/8-inch thick
2 Tbsp coconut oil, ghee, lard or oil of choice
1 tsp whole fennel seeds, crushed lightly
1-2 Tbsp pure maple syrup
salt, to taste

- In a large skillet, heat the oil over medium heat.
- Add the carrots and beets and stir to combine. Cover the skillet and cook until the vegetables are just starting to soften, turning a few times to help the carrots absorb the beautiful beet color.
- Add the fennel and stir. Cook another few minutes or until the vegetables are your desired tenderness.
- Drizzle with the syrup and cook, stirring, for a minute until the syrup thickens. Be careful that the syrup does not burn.
- Remove from the heat, salt as desired and serve.



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