

Moroccan Carrots

From – *Moosewood Restaurant Low-Fat Favorites*

1/3 cup currants
1/4 cup hot water
3 cups peeled and thinly sliced or julienned carrots
1 cup orange juice
1 Tbsp fresh lemon juice
1/2 tsp cornstarch
1/2 tsp ground cinnamon
1 tsp ground cumin
pinch of cayenne
salt and ground black pepper to taste

chopped fresh parsley or mint (optional)

- Soak the currants in the hot water until plump, about 10 minutes.
- Meanwhile, in a covered saucepan, blanch the carrots in boiling water until just tender, about 5 minutes.
- Combine the orange juice, lemon juice and cornstarch, stirring well to dissolve the cornstarch.
- Drain the carrots and return them to the saucepan on medium heat.
- Add the juice mixture, cinnamon, cumin, cayenne and the currents and their soaking liquid.
- Simmer, stirring often, for 5 minutes.
- Add salt and pepper to taste.



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