

Mustard Carrots

From – *Moosewood Restaurant Low-Fat Favorites*

1/3 cup cider vinegar
1 Tbsp brown sugar
2 tsp Dijon mustard
½ tsp salt
1 tsp dried dill
2 tsp mustard seeds
1 lb carrots, peeled and cut into julienne sticks (about 3 cups)

- In a cup or bowl, stir together the vinegar, brown sugar, mustard, salt and dill. Set aside.
- In a saucepan, dry-roast the mustard seeds for about 30 seconds, until they are browned and popping.
- Add the vinegar mixture and bring to a boil.
- Stir in the carrot sticks, cover, lower the heat, and cook until tender, about 15 to 20 minutes.
- Be vigilant for the last few minutes of cooking, stirring frequently when there is very little cooking liquid left
- The finished carrots will be slightly caramelized.
- Serve hot or at room temperature.



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