Sautéed Carrots
adapted from foodnetwork.com
- Vegan, Gluten-friendly
- Major Allergens: N/A

Level of Difficulty: 🍎🍎🍎🍎

6 Servings
Nutrition Facts per Serving:
Calories: 96  Protein (g): 1
Fat (g): 4  Carbohydrate (g): 15

Ingredients:
• 2 pounds carrots
• 1 teaspoon kosher salt
• 1/4 teaspoon freshly ground black pepper
• 2 tablespoon of extra-virgin olive oil
• 1 1/2 tablespoons chopped fresh dill or flat-leaf parsley

Instructions:
1. Peel the carrots and cut them diagonally in 1/4-inch slices. You should end up with about 6 cups of carrots.

2. Place the carrots, 1/3 cup water, salt, and pepper in a large saute pan and bring to a boil.

3. Cover the pan and cook over medium-low heat for 7-8 minutes, until the carrots are just cooked through. Add butter/olive oil and saute for another minute, until the water evaporates, and the carrots are coated.

4. Off the heat, toss with the dill and/or parsley.