

Glazed Carrots

Servings: 4

Source: New Best Cookbook, p.149

Ingredients

- 1 lb (about 6 medium) Carrots, peeled and sliced $\frac{1}{4}$ inch thick on the bias
- $\frac{1}{2}$ teaspoon Salt
- 3 tbsps Sugar
- $\frac{1}{2}$ cup Low-Sodium Chicken Broth
- 1 tbsp Unsalted Butter, cut into 4 pieces
- 2 teaspoons Lemon Juice
- Ground Black Pepper

Method

1. Bring the carrots, salt, 1 tbsp sugar, and the broth to a boil in a 12-inch nonstick skillet, covered, over medium-high heat. Reduce the heat to medium and simmer, stirring occasionally, until the carrots are almost tender when poked with the tip of a paring knife, about 5 minutes. Uncover, increase the heat to high, and simmer rapidly, stirring occasionally, until the liquid is reduced to about 2 tbsp, 1 to 2 minutes.
2. Add the butter and remaining 2 tbsp sugar to the skillet. Toss the carrots to coat and cook, stirring frequently, until the carrots are completely tender and the glaze is light gold, about 3 minutes. Off the heat, add the lemon juice and toss to coat. Transfer the carrots to a serving dish, scraping the glaze from the pan into the dish. Season with pepper to taste. Serve immediately.