

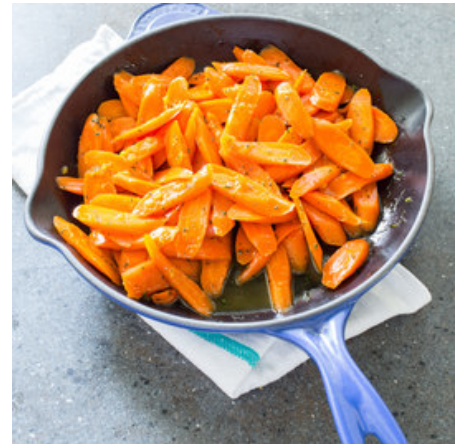
# COOK'S

ILLUSTRATED

## Glazed Carrots

### Ingredients

1 pound medium carrots (about 6), peeled and sliced  $\frac{1}{4}$ -inch thick on the bias  
 $\frac{1}{2}$ teaspoon table salt  
3tablespoons granulated sugar  
 $\frac{1}{2}$ cup low-sodium chicken broth  
1tablespoon unsalted butter, cut into 4 pieces  
2teaspoons lemon juice  
Ground black pepper



Serves 4

### Instructions

Glazed carrots are a good accompaniment to roasts of any kind—beef, pork, lamb, or poultry. A nonstick skillet is easier to clean, but this recipe can be prepared in any 12-inch skillet with a cover.

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

Per Serving:

Cal 100; Fat 3 g; Sat fat 2 g; Chol 10 mg; Carb 18 g; Protein 1 g; Fiber 3 g; Sodium 440 mg