



## *Maple Orange Glazed Carrots Recipe*

1 pound carrots  
2 tablespoons unsalted butter  
1/2 teaspoon salt  
1/4 cup maple syrup  
1/3 cup orange juice  
1/8 teaspoon cinnamon

1. **Scrub the carrots with a vegetable brush while holding under cold running water.** Peel the carrots and place into a colander. **Slice carrots into ¼ inch thick pieces on your produce cutting board.**
2. In a large, wide sauté pan, heat the butter over medium heat until melted. Add the carrots and toss to coat; cook for 3-4 minutes.
3. Add the maple syrup and cook for 1 minute. Add the orange juice; cover the pan and cook for 3 more minutes.
4. Uncover the pan and increase the heat to medium high. Stir the carrots occasionally and cook until almost all of the liquid has evaporated. Watch carefully so they don't run out of liquid and scorch. If they are not tender enough and run out of liquid, add more orange juice as needed.
5. Remove from heat and sprinkle cinnamon over the carrots.



Yum. I love  
carrots!



### *Additional Food Safety Notes Related To This Recipe*

- When buying carrots in the grocery store, be sure that they are firm, bright colored, smooth, and clean. Avoid those that are rough, cracked, or have a green tinge.
- When storing in the refrigerator, place fresh produce on separate shelves or in produce bins away from raw meats, poultry, and seafood.
- Be sure to clean and sanitize the sink before you wash your produce. Use a clean small brush to scrub around and in the drain to get rid of dirt and grime. A toothbrush works well for cleaning your drain (just do not use the tooth brush to brush your teeth afterwards).
- Clean and sanitize the cutting board before and after each use. It is a good idea to have two separate cutting boards in the kitchen. One can be used for raw meats, poultry, and seafood while the other is used for fresh produce and breads.
- Keeping food out of the “Danger Zone”.
  - Fresh produce should not be out of the refrigerator for longer than 2 hours.
  - Put any leftovers into the refrigerator within 1 hour on a hot day.
- When storing leftovers, divide into small portions and place into a clean airtight storage containers. Do not forget to label the containers with the name and the date.

#### Recipe Source

[http://www.simplyrecipes.com/recipes/maple\\_orange\\_glazed\\_carrots/](http://www.simplyrecipes.com/recipes/maple_orange_glazed_carrots/)