ORANGE GINGER GLAZED CARROTS

Yield: 4 servings | Total Cook Time: 30 minutes

Foodbank
of Southeastern Virginia
and the Eastern Shore

*Leading the effort to eliminate
hunger in our community*

Ingredients

- 1 orange
- 1 lb fresh carrots, peeled and sliced
- 2 Tbsp cooking oil
- 1 Tbsp fresh ginger, minced (or 1 tsp ground)
- 8 oz orange juice
- Kosher salt to taste

Carrots are high in fiber and low in calories. They contain both types of fiber that are helpful for digestion - both soluble and insoluble fiber.
Oranges are high in vitamin C. Eating just one orange per day meets 100% of our daily needs for vitamin C. Vitamin C protects our body against damage, helps our body to absorb iron, and helps us to heal wounds.

Instructions

- Turn oven on to 425°
- Take zest (orange part of the rind) off with a peeler and chop finely. Set aside orange for later use.
- Toss sliced carrots with orange zest, oil, and salt. Spread out on a wide flat pan in a single layer and place in the oven. Roast until deep brown on the edges, about 15 minutes.
- While carrots are roasting, place orange juice and ginger in a small pot over high heat. Cut fresh orange in half and squeeze juice in. Cook until the liquid becomes thick and syrupy, be careful because it is easy to burn as it gets thicket.
- When carrots are finished roasting, pour orange ginger sauce over them and toss together until they are evenly coated.