



Braised Carrots

with Apricots, Green Apple and Cilantro Pesto

Makes 4–6 servings ~ \$10.27 (\$2.57 – \$1.71 per serving)

Ingredients

- 1 bunch baby carrots – washed, tops removed, halved lengthwise
- 1 green apple – peeled & coarse chopped
- 4 apricots – halved
- 1 clove garlic – peeled & smashed
- 3 Tbsp. butter
- 1 Tbsp. olive oil
- 3 cardamom pods
- 1 tsp. ground cumin
- 1 Tbsp. brown sugar
- 1/2 cup orange juice or vegetable stock

Directions

1. Melt butter in a large skillet. Add garlic clove, cardamom, cumin and sugar. Sauté for one minute.
2. Add carrots, apple and apricots – cook for two more minutes to coat.
3. Add stock or juice, turn heat down, cover and simmer for 15 minutes or until carrots are tender.

Cilantro Pesto – Makes 4 servings ~ \$3.73

- 1/3 cup coarsely chopped cilantro
- 2 Tbsp. coarsely chopped flat leaf parsley
- 1-2 garlic cloves, peeled
- 1 tsp. toasted ground cumin
- 1/4 tsp. sea salt
- 1/4 tsp. cayenne pepper
- 3 Tbsp. lemon juice
- 1/4 cup olive oil

1. Combine all ingredients in a food processor except for olive oil and lemon juice. Blend well.
 2. Slowly drizzle in olive oil and lemon juice to create a paste. Adjust seasoning.
- Serve on slightly cooled carrots. This is also excellent with all other vegetables, fish and chicken.

Recipe courtesy of Tracy Pikhart Ritter

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