

Recipes and Suggestions..

Glazed Style Carrots

Ingredients: 8 Large Carrots -- thinly sliced, 1/4 c Apple Juice, Frozen Concentrate - thawed, 1 tbs. Orange Rind - grated, 1 tsp. Cornstarch, 1/8 tsp. Ground Cloves

Directions:

1. Steam carrots for 15 min or until tender.
2. Combine apple juice, orange rind, cornstarch and cloves in a large saucepan.
3. Mix until smooth, then cook and stir constantly until mixture has thickened and cleared.
4. Add cooked carrots to the sauce.
5. Serve hot.