CARROTS, GINGER AND CUMIN
Yields: 4 Servings
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INGREDIENTS

1 lb. Carrots
6 TBSP Butter, divided
2 TSP Cumin Seed
1 TBSP Fresh Ginger, chopped
2 Cloves Garlic, chopped
2 TBSP Lemon Juice
½ Cup Low-Fat Milk
Salt
Ground Pepper

DIRECTIONS

1. Scrape carrots and cut into medium slices. Cook carrots in boiling, salted water until tender (approx 5 minutes). Drain and rinse in cold water.

2. Melt 1 TBSP of butter and sauté cumin for 30 seconds in sauce pan. Add ginger and garlic to sauté 1 minute longer.

3. Combine cooked drained carrots with cumin-ginger-garlic mixture with lemon juice and remaining butter and milk.


5. Season with salt and pepper. Serve heated as sauce on meats or soup.

Tip: Recommended as sauce on grilled chicken or baked chicken.