

North African Spiced Carrots

The trinity of North African seasonings, cumin, coriander and paprika, lends exotic appeal to this simple carrot preparation.



Ingredients

- 1 tablespoon extra-virgin olive oil
- 4 cloves garlic, minced
- 2 teaspoons paprika
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 3 cups sliced carrots (4 medium-large)
- 1 cup water
- 3 tablespoons lemon juice
- 1/8 teaspoon salt, or to taste
- 1/4 cup chopped fresh parsley

Instructions

1. Heat oil in a large nonstick skillet over medium heat. Add garlic, paprika, cumin and coriander; cook, stirring, until fragrant but not browned, about 20 seconds. Add carrots, water, lemon juice and salt; bring to a simmer. Reduce heat to low, cover and cook until almost tender, 5 to 7 minutes. Uncover and simmer, stirring often, until the carrots are just tender and the liquid is syrupy, 2 to 4 minutes. Stir in parsley. Serve hot or at room temperature.

Yield:

6 servings,
1/2 cup each

Active Time:

10 minutes

Total Time:

20 minutes

Nutrition Per Serving

50 Calories, Total Fat: 2 g, Saturated Fat: 0 g, Cholesterol: 0 mg, Carbohydrates: 6 g, Fiber: 2 g, Total Sugars: 2 g, Added Sugars: 0 g, Protein: 0 g, Sodium: 86 mg, Potassium: 185 mg, Iron: 0 mg, Folate: 14 mcg, Calcium: 30 mg, Vitamin A: 10619 IU, Vitamin C: 9 mg

Carbohydrate Servings: 1/2