

Italian-Style Sweet & Sour Carrots

Serves 6
Prep time: 1 hour
Active time: 20 minutes



Adapted from: Julia Della Croce's Veneto: Authentic Recipes from Venice and the Italian Northeast



**Greater Cleveland
Food Bank**

INGREDIENTS

- 1 cup raisins
- 1/2 cup sweet Marsala (white cooking wine)
- 2 lbs carrots, peeled
- 3 Tbs butter, olive oil or mix
- 3 Tbs water
- 1/4 tsp salt
- 1/4 cup toasted pine nuts (or almond slices)
- Zest of 1 orange
- 1 Tbs vinegar (preferably white wine)

CARROTS

This humble root vegetable is a rich source of beta-carotene, which is great for eye health; they contain antioxidant properties to reduce free radicals and lower cancer risk; and they contain potassium, which helps fight hypertension (high blood pressure).

DIRECTIONS

1. Soak raisins in wine for 1 hour.
2. Heat skillet over medium-low; rinse and peel carrots.
3. Warm butter/oil in skillet; slice carrots 1/2" thick.
4. Add carrots to skillet with water and cover.
5. Reduce heat to low; stir occasionally for 5-6 minutes.
6. Add salt, raisins, wine, nuts, zest and vinegar.
7. Cook until tender, about 5-6 minutes more.

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