Carrot, Pecans, and Fennel
From – Asparagus to Zucchini: a Guide to Farm-Fresh Seasonal Produce

2 cups carrots, julienned
1 Tbsp olive oil
½ cup thinly sliced fennel
¼ cup maple syrup
¼ cup roasted pecans
2 tsp cornstarch
1 Tbsp chopped fresh parsley

• Steam carrots until tender-crisp.
• Heat oil in skillet, add fennel and sauté 2 minutes.
• Add maple syrup, pecans, and carrots, and simmer briefly.
• Mix cornstarch and 1 Tbsp water and stir into carrot mixture.
• Stir in parsley and serve.

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