

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 saute 2minutes.
- 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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