Moroccan Carrots
From – Moosewood Restaurant Low-Fat Favorites

1/3 cup currants
¼ cup hot water
3 cups peeled and thinly sliced or julienned carrots
1 cup orange juice
1 Tbsp fresh lemon juice
½ tsp cornstarch
½ tsp ground cinnamon
1 tsp ground cumin
pinch of cayenne
salt and ground black pepper to taste
chopped fresh parsley or mint (optional)

• Soak the currants in the hot water until plump, about 10 minutes.
• Meanwhile, in a covered saucepan, blanch the carrots in boiling water until just tender, about 5 minutes.
• Combine the orange juice, lemon juice and cornstarch, stirring well to dissolve the cornstarch.
• Drain the carrots and return them to the saucepan on medium heat.
• Add the juice mixture, cinnamon, cumin, cayenne and the currents and their soaking liquid.
• Simmer, stirring often, for 5 minutes.
• Add salt and pepper to taste.

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