

RECIPE OF THE MONTH

So Very Flexible Carrot Recipe
Adrienne O. Burns, MS, RD, LDN



940 E Haverford Road

Suite 102

Bryn Mawr, PA 19010

Office: (610) 520-7277

Fax: (610) 537-3740

CHDialysis.com

So Very Flexible Carrot Recipe

Serves: 2

This recipe is easy and fantastic- my favorite! It can be served hot as a side dish; leftovers can be served cold as a salad. If your phosphorus levels are controlled, add a tablespoon of hemp seeds or sunflower seeds before serving for a boost of protein and healthy fats.

½ bag of “baby” carrots (8 oz.)

2 Tbsp water or low sodium broth

1-2 Tbsp olive oil

2 Tbsp mild white vinegar (I use rice vinegar, can also use white wine or apple cider vinegar. Avoid strong vinegar such as Balsamic.)

2 tsp herbs d’ Provence mix (can substitute Italian herb mix or salt free Mrs Dash spice mix).

¼ tsp black pepper

¼ tsp salt

Heat 9’ skillet for a few minutes. Place ingredients in skillet and cover. Let cook for 7 minutes. Remove lid and allow excess fluid to evaporate and carrots to brown slightly. Cook carrots until they are easily pierced with a fork but not mush. Enjoy!