

Jenny's Seven-Minute Creamy Carrots

Carrots provide beta-carotene but you'll get more of it when they're cooked. Don't be tempted to use more water in the beginning. You're really steaming the carrots and want to retain all the water not to lose nutrients. I use 4 to 5 large carrots for this recipe. Some carrots are sweeter than others so the pinch of sugar is optional. Orange vegetables help support your eye and lung health.

4 cups sliced carrots, 1/4-inch thick
1/3 cup water

2 teaspoons cornstarch
1/4 cup 1% milk
dash of salt & pepper
pinch of sugar

1. Place carrots in small saucepan with 1/3 cup water and bring to boil. Cover, reduce heat to medium-low and cook 5 minutes, stirring once or twice.
2. Wisk together 1/4 cup milk and cornstarch and add to carrots. Cook, uncovered, another 2-3 minutes, stirring, until thick and creamy.

*makes 4 to 6 servings