



Maple Glazed Carrots

By Helen Thomas, Maxon Estate Farms



1 lb. medium carrots (about 6-8)

3 tbsp. pure New York State maple syrup

3 tbsp. butter

3 tbsp. orange juice

Optional: ½ tsp. cinnamon or nutmeg or ginger

Clean, wash and slice carrots, then steam until tender (*You can microwave in covered dish*). Melt butter in a skillet. Add maple syrup, orange juice, and seasoning to melted butter. Simmer carrots in mixture until glazed. *Try this with sweet potatoes, too!*