



HONEY-GLAZED CARROTS WITH CILANTRO

In a large skillet, combine 6 medium carrots, halved lengthwise and cut into 2-inch pieces, and 1 tablespoon extra-virgin olive oil; add just enough water to cover carrots (about 2 cups). Cook over medium-high until water is evaporated and carrots are tender, 15 minutes. Cook, tossing often, until carrots are light golden, 2 minutes. Add 1 tablespoon honey and 2 tablespoons dry white wine, low-sodium chicken broth, or water; cook, stirring and scraping up browned bits with a wooden spoon, until carrots are glazed, 2 minutes. Stir in 2 tablespoons finely chopped fresh cilantro. **SERVES 4**

per serv: **81 cal**; 4 g fat (1 g sat fat); 1 g protein; 11 g carb; 2 g fiber

GOOD WITH
roast chicken
or pork, or
braised beef

ROASTED BEETS WITH ORANGE AND THYME

1 Preheat oven to 425°. Place 1 bunch beets (about 1½ pounds), scrubbed, peeled, and cut into 1-inch pieces, on a large piece of foil on a baking sheet. Drizzle with 1 teaspoon extra-virgin olive oil and season with coarse salt and ground pepper. Fold foil around beets and crimp ends to form a packet. Roast until tender when pierced with a knife, about 45 minutes.

2 Transfer beets to a large bowl and drizzle with 2 tablespoons red-wine vinegar, 1 teaspoon honey, and ¼ cup fresh orange juice. Top with 2 teaspoons finely grated orange zest and 2 teaspoons fresh thyme leaves. **SERVES 4**

per serv: **99 cal**; 2 g fat (0 g sat fat); 3 g protein; 20 g carb; 5 g fiber

GOOD WITH

rosemary roast
beef (page 92) or
arugula and goat
cheese salad

