**HONEY GLAZED CARROTS AND APPLES**

*Countryside Old Trail School Winter Market*

**Ingredients**

Makes 2 Servings

- Carrots: 4 medium, chopped
- Apples: 2, sliced
- Honey: 1/4 cup
- Olive Oil: 1/4 cup
- Cinnamon: 2 tsp
- Parsley: 1 tsp

**Method**

1. In a saucepan, boil carrots until tender, about 5-6 minutes. Drain.
2. Add oil to a sauté pan over medium heat.
3. Add carrots and apples to the pan, and toss to coat.
4. Add the honey and cinnamon to the sauté pan and toss to cover produce. Cook for about 5 minutes, stirring occasionally.
5. The mixture is finished when produce is fully coated by honey and begins to caramelize.
6. Garnish the recipe with fresh parsley and enjoy!