

The Farm at St. Joe's

Balsamic Glazed Carrots

Ingredients:

- 3 cups sliced carrots
- 1 Tablespoon olive oil
- 1 ½ Tablespoon balsamic vinegar
- 1 Tablespoon brown sugar



Directions

- 1) Heat oil in a skillet over medium-high heat. Sautee carrots in oil for about 10 minutes, or until tender.
- 2) Stir in balsamic vinegar and brown sugar, mix to coat and serve.

Local Is Better

Eating local is healthier. Local produce contains more vitamins and minerals than supermarket produce which has been shipped from far distances. At The Farm at St. Joe's all of our produce is grown without the use of pesticides and is harvested by hand.

If you are interested in volunteering at The Farm at St. Joe's, call 734-712-HOOP (4667). For more information on nutrition, call St. Joseph Mercy Nutrition Services at 734-712-5800.

Like this Recipe?

Learn more by taking a cooking class at the Women's Health Center. For a full list of upcoming classes, visit stjoeshealth.org/classes.

Check out our blog for updates and market times at stjoefarm.org



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