

Maple Glazed Carrots

Ingredients

1 tablespoon butter

1 shallot, minced

1/4 cup water

1/4 cup Pure Vermont Maple Syrup

1/2 teaspoon salt, or to taste

1/4 teaspoon ground cinnamon

5 cups sliced carrots, about 1/4-inch thick

4 teaspoons apple cider vinegar

Directions

Heat butter in a large heavy skillet over medium-high heat. Add shallot and cook, stirring, 1 to 2 minutes, until soft and browned. Add water, syrup, salt, and cinnamon. Increase heat to high and bring to a boil, stirring occasionally. Add carrots and return to a simmer, stirring occasionally.

Cover, reduce heat to medium to maintain a lively simmer, and cook, stirring once or twice, 4 to 6 minutes, until carrots are crisp-tender. Remove lid and stir in vinegar. Increase heat to medium-high and continue cooking, stirring often, 3 to 5 minutes, until liquid has thickened and carrots are coated. Serve warm.

<https://www.healthyseasonalrecipes.com/maple-glazed-carrots/>