

## Slightly Cooked Carrots

1 pound carrots sliced into sticks 1/2 cup vegetable stock 3 tablespoons olive oil 1/8 cup diced onion Dash of salt and pepper.

Brown onion in pan with olive oil. In a sauce pan place carrots with vegetable stalk and salt and warm over medium heat for about 5 minutes. Drain stock. Mix in onion and olive oil and add the dash of pepper.

This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.

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