

North African Spiced Carrots

**Better Eats**

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The trinity of North African seasonings, cumin, coriander and paprika, lends exotic appeal to this simple carrot preparation.

INGREDIENTS

- 1 tablespoon oil, olive, extra virgin
- 4 clove(s) garlic - minced
- 2 teaspoons paprika
- 1 teaspoon cumin, ground
- 1 teaspoon coriander, ground
- 3 cups carrot(s) - sliced (4 medium-large)
- 1 cup water
- 3 tablespoons lemon juice
- 1/8 teaspoon salt - or to taste
- 1/4 cup parsley, fresh - chopped

cook time
12 min.prep time
10 min.yields
6 serv.

Nutritional Information (per serving)

Calories: 51
Saturated Fat: 0g
Sodium: 86mg
Dietary Fiber: 2g
Total Fat: 3g
Carbs: 7g
Cholesterol: 0mg
Protein: 1g

DIRECTIONS

1. Heat oil in a large nonstick skillet over medium heat. Add garlic, paprika, cumin and coriander; cook, stirring, until fragrant but not browned, about 20 seconds.
2. Add carrots, water, lemon juice and salt; bring to a simmer. Reduce heat to low, cover and cook until almost tender, 5 to 7 minutes.
3. Uncover and simmer, stirring often, until the carrots are just tender and the liquid is syrupy, 2 to 4 minutes. Stir in parsley. Serve hot or at room temperature.

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