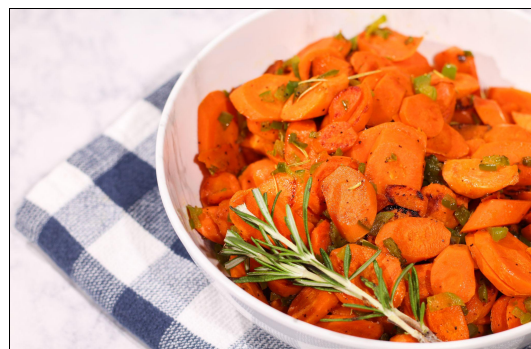


Carrots with Rosemary

Serves: 6 | Serving Size: 1/2 cup

Ingredients Needed:

- 1 1/2 lbs. carrots, peeled and sliced at an angle
- 1 tablespoon olive or canola oil
- 1/2 cup diced green pepper
- 1/2 teaspoon dried rosemary
- 1/2 teaspoon salt
- 1/8 teaspoon ground pepper
- Fresh rosemary for garnish (optional)



Directions:

1. In a skillet, cook and stir carrots in oil for 10–12 minutes or until crisp-tender.
2. Add green pepper; cook and stir for 5 minutes until tender.
3. Sprinkle with rosemary, salt and pepper; heat through and serve, garnished with fresh rosemary if desired.