

GINGERED CARROT WITH PEAR



Ingredients:

1	Pound	Fresh Carrots, peeled
1	Large	Pear, peeled
3	Tablespoons	Butter
3	Tablespoons	Agave Syrup (or honey)
1½	Teaspoons	Ground Ginger

Directions:

1. Peel, rinse and julienne carrots. Place in pan of boiling water and simmer until just al dente.
2. While the carrots are simmering, julienne the pear. Set aside.
3. Drain the carrots. Add back to the pan with butter, agave and ground ginger. Saute until carrots are tender. Add the strips of pear to the pan and cook 1 minute, just to heat the pear.