

Yummy Carrots

J. Robert Bridges

Ingredients:

4 medium carrots
1 cardamom pod
1/8 teaspoon cinnamon
dash nutmeg
lime zest
1 tablespoon splenda
salt and pepper to taste

Directions:

Slice the carrots and add water to almost cover.

Remove the seeds from the cardamom pod and crush with a mortar and pestle. Add crushed cardamom along with cinnamon and nutmeg and cook the carrots until tender.

Add the zest from about ½ of a lime, splenda, salt and pepper

Continue to simmer the carrots until the water is almost gone, leaving a little 'syrup'.

Serves 2.

Comments:

Spice amounts are approximate—I never measured them. You can also add lime juice to give the carrots a little tang. I prefer not adding lime juice. I suppose you could substitute lemon for lime. I can't think of a substitute for cardamom. I believe a little fresh basil or tarragon would be good.