

| Glazed Carrots | Conversion Factor | Original Yield | Desired Yield |
|--|-------------------|----------------|---------------|
| desired yield ----- = conversion factor original yield | | | 4 |

Original Yield x Conversion Factor = Desired Yield

| | | | |
|--|--|--|---------|
| carrots, peeled and sliced 1/4-inch thick on the bias (diagonal cut) | | | 1 pound |
| granulated sugar | | | 3 T. |
| chicken stock | | | ½ c. |
| unsalted butter | | | 1 T. |
| Lemon juice | | | 2 t |
| salt | | | tt |
| Ground black pepper | | | tt |

1. Bring carrots, salt, 1 tablespoon sugar, and chicken broth to boil, covered, in 12-inch nonstick skillet over medium-high heat; reduce heat to medium and simmer, stirring occasionally, until carrots are almost tender when poked with tip of paring knife, about 5 minutes.
2. Uncover, increase heat to high, and simmer rapidly, stirring occasionally, until liquid is reduced to about 2 tablespoons, 1 to 2 minutes.
3. Add butter and remaining 2 tablespoons sugar to skillet; toss carrots to coat and cook, stirring frequently, until carrots are completely tender and glaze is light gold, about 3 minutes.
4. Off heat, add lemon juice; toss to coat.
5. Transfer carrots to serving dish, scraping glaze from pan.
6. Season to taste with pepper and serve immediately.

Glazed carrots are a good accompaniment to roasts of any kind--beef, pork, lamb, or poultry. A nonstick skillet is easier to clean, but this recipe can be prepared in any 12-inch skillet with a cover.