

Carrot and Beets



INGREDIENTS

- ½ lb of carrots
- A few beets
- ¼ cup water
- ½ tsp. Salt
- 1 ½ tsp. olive oil
- 1 clove garlic, finely chopped
- 2 tbsp. Green onion (aka spring onion or scallion, sliced
- 2 tsp. Lemon juice
- ⅛ tsp crushed red pepper flakes

DIRECTIONS

- Wash and chop vegetables, peeling carrots and chopping them, along with the beets, into 2-inch long strips
- In large skillet over high heat, add carrots, beets, and water and bring to a boil. Reduce heat to a simmer and cover, continuing to cook for about 8 minutes until vegetables are almost tender.
- Remove cover on skillet and raise heat to medium high, allowing the water to evaporate. Add oil and garlic to the mixture and allow to cook for 5 more minutes or until vegetables are lightly browned. Stir frequently. Stir in green onion, lemon juice, salt, pepper flakes (optional) and continue to cook for another 3 minutes until vegetables are tender. Serve.

