



PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

DIJON CARROTS

1 pound petite carrots, rinsed and drained

1 tablespoon brown sugar

1 tablespoon butter

1 tablespoon Dijon mustard

1. Place carrots in large saucepan and add enough water to cover.
2. Cover saucepan with lid and bring to a boil over medium high heat. Cook until carrots are crisp-tender, about 6 to 8 minutes. Drain well.
3. Place butter in same saucepan; cook over medium heat stirring often until melted. Add brown sugar and Dijon mustard. Cook stirring often until smooth, about 30 seconds.
4. Add carrots to butter mixture and stir to coat.
5. Place carrots in serving bowl.

Makes 4 - 6 servings.

