

Apricot Glazed Carrots

16 OZ. CARROTS, SLICED THIN OR MINI SIZED.

2 TBSP. SALTED BUTTER

WATER

1/3 CUP APRICOT PRESERVES

RED PEPPER FLAKES (A FEW SHAKES)

DASH OF SALT

In a skillet or saucepan add carrots and butter. Add enough water to cover the carrots. Place on Simmer and cook 20 minutes or until they are tender. Drain add preserves and salt and mix well. If you want to use pepper flakes, add them now. Keep on simmer (warm) until serving. Serves 5.

Butternut Squash

1 BUTTERNUT SQUASH

SALT TO TASTE

3-4 TBSP. SALTED BUTTER

First: Microwave squash for 4 minutes. Cut off top and bottom and cut in half.

Peel skin off with vegetable peeler. I prefer a knife instead of peeler because the white layer under skin can cause skin reactions. A knife takes it off and a peeler does not. Cut squash into 1” cubes. Place cubed squash in a steamer pot and steam on high 10-12 minutes. Take squash out of steamer, add butter. Add salt and pepper (if desired) to taste. Serve as a side. Enjoy!