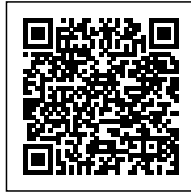




GHOSTWOOD GLAZED CARROTS WITH HONEY





If you are like me, you are always looking for sides to change your meals. We had this last night with pot roast, and oh my gosh, they are delicious.

INGREDIENTS

- 6 tablespoons butter
- 2 pounds carrots, peeled and cut into equal size pieces
- 1/2 cup GHOSTWOOD
- 4 tbsp honey
- 1/2 cup water
- Salt and pepper
- Pinch of cayenne pepper, or red pepper flakes, optional
- 1 tsp chopped fresh thyme

INSTRUCTIONS

1. Melt butter in a nonstick skillet over medium high heat.
2. When the butter gets foamy, add the carrots. Reduce heat to medium and cook for about 3-4 minutes, stirring often.
3. Remove pan from heat. Add Ghostwood. Place pan back on burner, and cook for about 2 minutes.
4. Add water and honey.
5. Bring to a boil, reduce heat to medium and cook for about 15 minutes, stirring frequently until a thick glaze forms and carrots deepen in color. Remove from heat.
6. Add salt and pepper to taste. Add a pinch of cayenne or red pepper flakes if desired. Then sprinkle with thyme.