

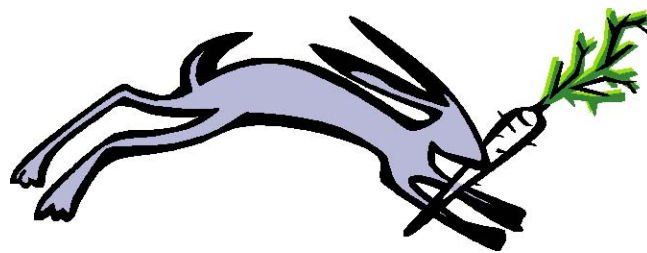
Moroccan Carrots

1 TBS. olive oil
1 TBS. brown sugar
1/3 tsp. ground cinnamon
1/4 tsp. ground cumin
Dash cayenne pepper, or to taste
1 1/2 cups carrots (about 1/2 lb), cut into slices or strips
1/3 cup orange juice
2 1/2 TBS. dried currants, soaked in hot water
Freshly ground black pepper
Chopped parsley or mint for garnish

Heat the olive oil in a large saucepan over moderate heat. Reduce the heat to low, add the sugar, spices, and carrots and stir for a few minutes. Add the orange juice and the currants with some of their soaking liquid. Bring to a boil. Quickly reduce the heat and simmer, covered, until the carrots are tender. Add pepper and adjust the seasoning to taste. Sprinkle with chopped parsley or mint. Makes 4, 1/2 cup servings.

Total phe per recipe: 81 mg
Per 1/2 cup serving: 20 mg

Recipe from Joyce Goldstein, author of *The Mediterranean Kitchen*



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