

## **RECIPE: POMEGRANATE GLAZED CARROTS**

### **CONDIMENTS & OIL**

Olive oil, 2 fl oz

### **DAIRY**

Butter, 2.03 oz

### **JUICES**

Lemon juice, 2 fl oz

### **NUTS, SEEDS & DRIED FRUITS**

Pine nuts, 0.75 cup toasted, or toasted pecans

### **SPICES & SEASONINGS**

Salt

Pepper

Cardamom, 0.03 oz ground

Cumin, 0.07 oz ground

Nutmeg, 0.02 oz

Dried mint leaves, 0.23 oz

### **VEGETABLES**

Ginger root, 0.86 oz

Fresh basil, 0.38 oz

### **MISCELLANEOUS**

Orange carrots, 1.5 lb

Maroon carrots, 1.5 lb

Belgian white carrots, 1.5 lb

Pomegranate syrup, 8 oz. (or 12 oz. pomegranate juice and 6.05 oz. honey)

Aleppo pepper, 0.25 tsp

Fresh pomegranate seeds, 0.75 cup