

Cindie Belner
Corporate Chef
cindie@gofresh-precut.com



CARROT SAUTE WITH GINGER & ORANGE

Ingredients:

2 teaspoons canola oil
3 cups shredded carrots (#6517999)
2 teaspoons chopped fresh ginger (#3148012)
½ cup orange juice
¼ teaspoon salt, to taste
Freshly ground pepper to taste

Heat oil in large non-stick skillet over medium-high heat. Add carrots and ginger, cook, stirring often, until wilted, about 2 minutes. Stir in orange juice and salt; simmer, uncovered, until carrots are tender and most of the liquid has evaporated, 1 to 2 minutes. Season with pepper and serve.

Spiked with fresh ginger and orange juice, sautéed shredded carrots make an appealing, textural side dish.

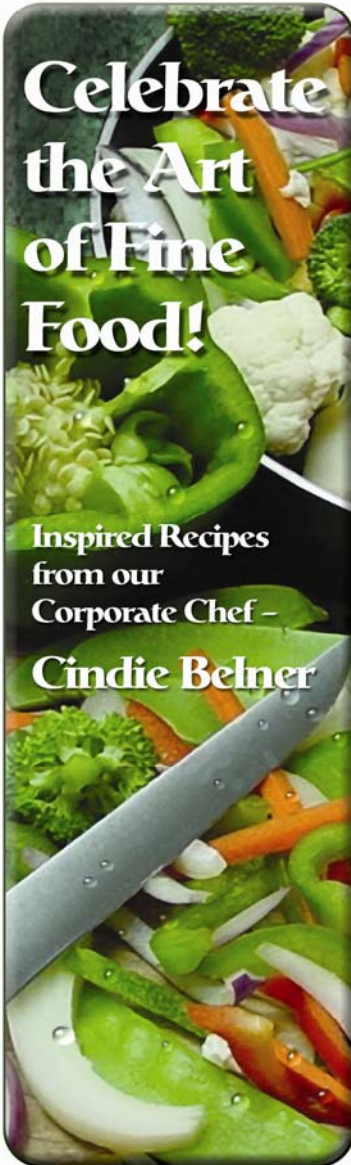
MAKES 4 SERVINGS, ½ CUP EACH

PREPARATION & COOK TIME 10 minutes

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For Questions or Additional Information:

G.O. Fresh Chef Cindie Belner has cooked up a wealth of menu ideas and recipes to help inspire busy chefs. Contact Cindie for other creations designed to help foodservice operators succeed with customer-pleasing taste sensations. Call 1-800-328-0797, or send an email to cindie@gofresh-precut.com and start receiving her fresh, new recipes automatically.



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