

# Balsamic Asparagus and Carrots

## Ingredients:

- Asparagus (1/4 – 1/2 bunch for single serving)
- Carrots, 3-5 medium-small carrots
- 1 clove garlic, minced
- 2-4 tbsp balsamic vinegar
- Sea salt

Crush and mince your garlic clove and set aside. Prepare your asparagus spears as described above and cut them into 1-2 inch bite-sized pieces. Peel your carrots with a vegetable peeler and slice at an angle into half inch pieces. Angled cuts increase the surface area of the carrot and are better for cooking.

Heat 1-2 tbsp olive oil in a frying pan on medium heat. Add carrots to the pan and stir to coat with oil. Add asparagus to the pan and stir again. Sprinkle sea salt onto the vegetables and allow them to cook until asparagus is bright green and starting to sweat, about 2-3 minutes. Stir occasionally.

Clear a space in the center of the pan and add garlic in a single layer. Allow to cook until fragrant, about 30 seconds. Stir to mix garlic with the vegetables. Drizzle on balsamic vinegar and stir. Continue to cook, stirring occasionally until the carrots are tender and a thin balsamic glaze begins to form on the vegetables. Remove from the pan and served immediately. *Originally published April 6, 2009.*

Article printed from Upgrade Your Healthstyle | Summer Tomato: <http://summertomato.com>