Carrot Sauté with Ginger and Orange

Preparation

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

Tip
Carrots are high in the antioxidant beta-carotene, which your body converts into vitamin A and may help slow the ageing process and reduce the risk of lung, colon, bladder, and breast cancers. Unlike true vitamin A, beta-carotene is not toxic to the liver if consumed in large amounts.

Ingredients

- 2 teaspoons canola oil
- 3 cups grated carrots, (6 medium-large)
- 2 teaspoons minced fresh ginger
- ½ cup orange juice
- ¼ teaspoon salt, or to taste
- Freshly ground pepper, to taste