

Our State eats

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Sweet and Sour Carrots

Yield: 8 servings.

- 1 pound raw baby carrots (or 4 cups), cut lengthwise**
- 1 small Vidalia onion, sliced very thin**
- 1 (6-ounce) can tomato paste**
- ½ cup light brown sugar**
- ¼ cup canola oil**
- ½ cup apple cider vinegar**
- ½ teaspoon ground cinnamon**
- 1 tablespoon Worcestershire, or to taste**
- 1 teaspoon dry mustard**
- 1 teaspoon salt**
- Zest from one lemon (plus more for garnish)**

Wash carrots and place in a saucepan. Add 1 cup of water and cook on medium heat until carrots are crisp-tender. Drain and place in a glass mixing bowl. Add the sliced onions and toss.

In a medium saucepan, whisk together the tomato paste with all of the remaining ingredients. Bring to a boil, reduce heat, and simmer for about 5 minutes. Pour hot marinade over the carrot mixture, cover, and refrigerate for 24 hours, stirring occasionally.

Use a slotted spoon to transfer to a serving dish and serve as a cold side salad. Garnish with additional lemon zest if desired.



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