

Carrots with Pistachio-Herb Butter

Publix Aprons

*2 pounds fresh carrots
1/2 teaspoon zest from one lime
1 tablespoon juice from one lime
1/3 cup roasted pistachio kernels
1/3 cup fresh Italian parsley (leaves only)
2 teaspoons fresh mint leaves
3 tablespoons salted butter
1/3 cup grated Parmesan cheese
1 tablespoon water*

Peel the carrots. Slice into one-half -inch slices.

Place the pistachios in the bowl of a food processor. Process until coarse. Reserve two tablespoons.

Add the parsley and mint leaves. Process until the mixture is fine. Cut the butter into small cubes. Add the butter, cheese, lime zest and lime juice. Process until blended.

Place the carrots and water in a microwave-safe bowl. Cover and microwave on HIGH for 6 to 8 minutes or until tender. Drain excess liquid. Toss in the butter mixture and place on a serving platter. Sprinkle with the reserved pistachios.

Serve.

Per Serving (excluding unknown items): 469 Calories; 9g Fat (17.1% calories from fat); 19g Protein; 83g Carbohydrate; 24g Dietary Fiber; 21mg Cholesterol; 776mg Sodium. Exchanges: 1 1/2 Lean Meat; 16 Vegetable; 1/2 Fat.