



## **Glazed Carrots or Green Beans with Garlic, Balsamic & Herb Jam**

A great new way to prepare your favorite vegetables.

**Ingredients:**

2 lbs Carrots or 2 pounds of green beans.  
2 Tbsp Extra Virgin Olive Oil  
2 Tbsp Terrapin Ridge Farms Garlic, Balsamic and Herb Jam  
½ cup Crumbled goat cheese if using Green Beans  
¼ cup Parsley if using Carrots

**Directions:**

Cook carrots or green beans in boiling, salted water until almost tender. Drain well. Return to pan and toss with Extra Virgin Olive Oil and Terrapin Ridge Farms Garlic, Balsamic and Herb Jam. Sauté 3-5 minutes until jam melts and carrots or green beans are fully coated. For carrots, sprinkle with fresh parsley and serve warm. For green beans, sprinkle with goat cheese and serve warm.