Eat with Ease Recipe

Marsala and Almond Carrots

6 servings

**Ingredients**

* ½ cup chopped almonds
* 1 can of sliced cooked carrots
* 1 cup water
* 1/2 teaspoon salt
* 2 tablespoons unsalted butter
* ¼ of an onion, finely minced
* ½ cup dry Marsala wine
* ½ cup sugar

**Directions**

1. In a saucepan over medium heat, melt 2 tablespoons of butter. Cook onions in the melted butter, stirring occasionally, for approximately 2-3 minutes. Add Marsala and sugar, and stir continually until sugar is completely dissolved. Continue simmering until sauce has thickened slightly.
2. Once thickened, toss carrots and chopped almonds (chop as fine as you prefer) with the sauce until well coated. Garnish with parsley, if desired. Serve immediately.

Note: When I want something extremely easy to eat, I puree everything once the above steps are completed. The texture is different, but it tastes the same.

**Original recipe (before we altered it) from:**

**Barbara M. posted at** [**www.allrecipes.com**](http://www.allrecipes.com) **under food title “Spectacular Marsala Glazed Carrots with Hazelnuts.”** Note: We changed the recipe to almonds and onions rather than hazelnuts and shallots out of personal preference, not to make it easier to eat.