

AIR-FRIED CARROTS WITH ORANGE AND CARDAMON

(from The Bewitching Kitchen)

5 medium carrots, peeled, cut in half crosswise, then in half lengthwise

1 tablespoon butter, melted

drizzle of olive oil

salt and pepper to taste

2 tablespoons orange juice (I used blood orange)

drizzle of agave nectar

1/4 tsp ground cardamon

Melt the butter, add the drizzle of olive oil, and all other ingredients. Whisk well. Pour the mixture over the carrots, move them to coat as thoroughly as possible, immediately add to the air-fryer set at 400F or as high as your machine will go. Cook for about 12 minutes, shaking the pan every once in a while. When they get nicely brown at the edges and cooked through (test with a fork), serve and...

ENJOY!