

CARROT TSIMMES



The carrots in this recipe resemble coins. They make it a triply symbolic recipe for the New Year—round, brightly colored, and sweet. What better way for our children to eat vegetables!

INGREDIENTS

1 pound carrots
1 8-ounce can crushed pineapple
 $\frac{1}{2}$ cup water
 $\frac{1}{2}$ cup orange juice
 $\frac{1}{2}$ teaspoon ground ginger
 $\frac{1}{2}$ teaspoon salt
6 ounces pitted prunes

EQUIPMENT

Measuring cups
Measuring spoons
Vegetable peeler
Saucepan with lid
Plastic knife
Spoon



Child: Peel the carrots.

Adult: Cook carrots in boiling salted water for about 20 minutes, or in the microwave, until soft. Let cool.

Child: Slice the carrots with a plastic knife into round circles. Mix them with the crushed pineapple, water, orange juice, ginger, salt, and prunes. Simmer them, covered, on top of the stove for about 15 minutes.