



### Stir-Fried Carrots and Garlic

**Time: 20 minutes**

- 4 medium carrots
- 2 tsp. olive oil
- 1 garlic clove, sliced thin
- 1/3 cup water
- 2 tsp. unsalted butter
- fresh lemon juice to taste

1) Cut the carrots in half lengthwise, then cut into small slices. In a pan or skillet, heat oil over medium high heat until hot but not smoking. Add the carrots and stir-fry until they begin to turn golden.

2) Add garlic and stir-fry for 30 seconds. Add water and butter, and simmer covered for 3 minutes. Boil carrots, uncovered, until most of the liquid is evaporated. Stir in lemon juice and add salt and pepper to

taste  
*From epicurious.com*



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### Acorn Squash Egg-In-The-Hole

**Time: 40 Minutes**

- 1 acorn squash
- Olive oil
- Sea salt, or regular salt
- 4 large eggs
- 2 slices bacon, cooked and crumbled
- Sriracha, or other hot sauce to taste

1) Preheat oven to 425 degrees. Chop the tip and tail off of the acorn squash. Slice the squash into 4 thick slices. Scoop the seeds and innards out of each. Lightly coat both sides with olive oil and place on a lightly-oiled baking sheet. Sprinkle with salt and pepper and bake for 15 minutes. Remove from oven and lower the temperature to 350 degrees.

2) Crack one egg into each squash round. Place in the oven and bake for 12 to 15 minutes, or until egg whites have cooked through.

3) Serve with cooked crumbled bacon, sriracha (or hot sauce of choice), and any other toppings you'd like.

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