



Spicy Glazed Carrots

Ingredients:

- 2 tablespoons vegetable oil
- 2 dried red chili peppers
- 1 lb. carrots, peeled & cut diagonally into 1/8-inch slices
- $\frac{1}{4}$ cup teriyaki baste & glaze

Directions:

- Heat oil in hot wok or large skillet over high heat.
- Add peppers and stir-fry until darkened; remove and discard.
- Add carrots; reduce heat to medium. Stir-fry 4 minutes or until tender-crisp.
- Stir in teriyaki baste & glaze and cook until carrots are glazed. Serve immediately.

Yield: 4 servings