

Market District Demo Recipes

Dessert



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Easy Carrot Halwa

Serves: 4

Modified from: www.indianhealthyrecipe.com

Items Needed: cutting board, vegetable peeler, grater, can opener, measuring cups, measuring spoons, medium pot with lid, stirring spoon

Ingredients:

- 1 ½ tsp ghee or unsalted butter
- 1 lb. carrot, peeled and grated
- ½ c. + 2 Tbsp sweetened condensed milk
- ¼ tsp cardamom
- ¼ c. slivered almonds
- ¼ c. raisins

Directions:

1. Heat pot over medium heat, add ghee.
2. Add the grated carrots and sweetened condensed milk
3. Saute over medium heat for 2-3 minutes.
4. Cover and cook until the carrots are soft, stirring occasionally.
5. Once carrots are soft, remove the lid and cook until all the moisture evaporates, stirring often.
6. Add the cardamom powder and stir to combine.
7. Turn off the heat and garnish with slivered almonds and raisins.

Nutrition Information (per ¼ of recipe):

Calories: 302 Fat: 10 g Carbs: 48 g Protein: 5.5 g Fiber: 5 g Sodium: 144 mg