

CARROT MASH WITH ORANGE AND MINT

(adapted from [Fine Cooking magazine](#))

2 lb. carrots, peeled and cut into 1-inch pieces

salt

1 oz. (2 Tbs.) unsalted butter, cut into 2 pieces

2 Tbs. almond milk, unsweetened

2 Tbs. extra-virgin olive oil

1 tsp dried mint

1 tsp finely grated orange zest

Put the carrots in a large saucepan with enough cool water to cover by at least 1 inch. Add 1 tsp. salt and bring to a boil. Turn the heat down and cook at a gentle boil until the carrots can be easily pierced with a fork, about 25 minutes.

Drain well in a colander, letting the steam rise for a few minutes. Meanwhile, heat the butter, almond milk, oil, mint, orange zest, and 1/2 tsp salt in the saucepan over low heat until the butter melts.

Purée the carrots in a food processor until smooth and then add them to the pan, stirring well to combine.

Adjust seasoning and serve.