

## **Tzimmes**

*From Gluten-Free Nosh at [www.glutenfreenosh.com](http://www.glutenfreenosh.com)*

*Please refer to web site for full story and information about the recipe.*

<http://glutenfreenosh.com/?p=3189>

### **Ingredients:**

- 1 pound carrots, cut in 1-inch rounds
- 3 medium sweet potatoes, peeled and cut into medium chunks
- 3/4 cup pitted prunes, cut in half
- 1 cup orange juice
- 1/2 cup honey
- 1 teaspoon cinnamon
- 1/2 teaspoon salt
- Butter or margarine

### **Method:**

1. Spray a 9×13-inch baking dish or casserole dish with cooking oil spray.
2. In a large pot, cover carrots with water and boil 5 minutes. Add sweet potatoes and boil an additional 10 minutes until tender when pierced with a fork. Drain.
3. Preheat oven to 350 degrees.
4. Place drained carrots and sweet potatoes in prepared baking dish. Stir in prunes.
5. Combine orange juice, honey, cinnamon and salt. Pour mixture over carrots, sweet potatoes and prunes. Dot with butter or margarine. Cover pan with aluminum foil.
6. Place in preheated oven and bake for 30 minutes. Uncover and bake an additional 10 minutes. Serve warm.

**Yields:** 8 servings