

Glazed Carrots

Makes 4 servings

Ingredients

- 1 pound carrots
- 1 tablespoon butter or soft margarine
- 1 tablespoon maple syrup, brown sugar, or honey
- 1 tablespoon orange juice
- Ground pepper



Directions:

1. Peel and slice the carrots into ¼ inch slices.
2. In a medium saucepan, bring water to a boil. Add the carrots and cook until tender, 6-8 minutes.
3. Drain the carrots.
4. Put the carrots back in the pan with the butter, maple syrup, brown sugar, or honey.
5. Cook over low to medium heat until a glaze coats the carrots, about 5 minutes.
6. Season with pepper.

Try something different!

- ❖ Cook the carrots in orange juice instead of water.
- ❖ When you combine the butter, sweetener, and orange juice.
 - Add ¼ teaspoon cinnamon or ground ginger
 - Add a small can of mandarin oranges, drained

Recipe adapted from www.foodnetwork.com

From The Interfaith Food Pantry
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