

Glazed Baby Carrots

Makes: 4 servings



Total Time: 10 minutes

Ingredients:

- 3 cups baby carrots
- 1/3 cup water
- 1 Tbsp. honey
- 2 tsp. butter
- ¼ tsp. lemon juice
- Freshly ground pepper to taste
- 2 Tbsp. chopped fresh parsley

PREPARATION

Combine carrots, water, honey, butter and salt in a large skillet. Bring to a simmer over medium-high heat. Cover and cook until tender, 5 to 7 minutes. Uncover and cook, stirring often, until the liquid is a syrupy glaze, 1 to 2 minutes. Stir in lemon juice and pepper. Sprinkle with parsley and serve.

Nutrition: 74 calories; 2g fat (1g sat fat); 5mg cholesterol; 14g carbohydrates; 1g protein; 2g fiber; 236mg sodium