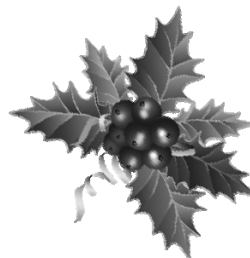


Ginger-Glazed Carrots

Even with the honey, these are not super sweet, but a nice twist to plain carrots!

1 ½ c. water
2 lb. baby carrots (*I prefer carrots, julienned*)
¼ c. honey
¼ c. orange juice
2 Tbsp. margarine or butter
1 ¼ tsp. ground ginger
¼ tsp. ground nutmeg
¼ tsp. salt (*optional*)
1 tsp. parsley flakes



1. Place water in skillet. Add carrots; cook, uncovered, on medium heat 5 to 6 minutes or until carrots are slightly tender. Drain in colander.
2. Mix honey, orange juice, margarine, ginger, nutmeg, and salt in the skillet; add carrots.
3. Cook, uncovered, on medium heat for 4 to 5 minutes, stirring frequently to glaze carrots.
4. Sprinkle with parsley and stir.

Yield: 8 servings (1/2 cup)

Nutritional Information: Per serving:

Calories: 103
Total Fat: 3 g
Cholesterol: 0 mg
Carbohydrates: 18 g
Fiber: 3.4 g
Protein: 1 g
Sodium: 121 mg