

# Spiced Baby Carrots

**Makes:** 4 Servings

Brighten your plate. You may also eat plain baby carrots as a snack or appetizer, or slice or chop to add to salads.

## Ingredients

- 3 cups** water
- 1/2 teaspoon** cumin (if you like)
- 1/2 teaspoon** cinnamon
- 1 pound** baby carrots
- 2 tablespoons** margarine
- 3 tablespoons** brown sugar (or regular sugar)
- 1/8 teaspoon** salt
- 2 teaspoons** lemon juice

## Directions

1. In a medium-size sauce pan, bring water and cinnamon to a boil. If using cumin, add that too.
2. Add carrots and cook until soft but not mushy, about 5 minutes. Drain well and return the carrots to the pan.
3. Add margarine, brown sugar, salt, and lemon juice to the carrots and stir.
4. Cook 3 to 4 minutes or until the liquid is thick like syrup.

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>110</b>	
Total Fat	6 g	
Protein	1 g	
Carbohydrates	14 g	
Dietary Fiber	3 g	
Saturated Fat	2 g	
Sodium	170 mg	