

Honey Raisin Carrots

Rating: ★★☆☆

Makes: 8 Servings

The bright color of carrots add color and eye appeal to your meals. Low-sodium canned carrots are used here.

Ingredients

- 1 can carrots (drained, about 15 ounces)
- 1 tablespoon margarine (from tub preferred)
- 2 tablespoons seedless raisins
- 1 tablespoon honey
- 1/4 teaspoon cinnamon

Directions

1. In saucepan on the stove, combine all ingredients and heat through.

Microwave Directions

1. Combine all ingredients in microwave safe bowl.
2. Cook on high for 3 minutes, stirring halfway through (after 1 ½ minutes).

Notes

Tip: For variety, try canned peas or canned lima beans in place of canned carrots.

Recipe provided by DelMonte.com

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	80	
Total Fat	3 g	
Protein	1 g	
Carbohydrates	14 g	
Dietary Fiber	2 g	
Saturated Fat	0.5 g	
Sodium	70 mg	