

Tropical Glazed Carrots and Pineapple

Makes: 6 Servings

Ingredients

1/2 pound Carrots, Baby, Fresh
7 1/2 ounces Pineapple, tidbits
1 tablespoon sugar
1 tablespoon cornstarch
1/8 teaspoon Spice, Nutmeg, Ground
1/8 teaspoon Spice, Ginger, Ground
2 teaspoons Butter seasoning, Butter buds



Directions

1. Combine carrots and pineapple in saucepan.

Add sugar and cornstarch and mix thoroughly.

2. Add nutmeg, ginger and butter seasoning. Mix thoroughly.

3. Heat over medium high heat until carrots are tender, approximately 30 minutes. Add small amounts of water or 100% pineapple or orange juice if needed to glaze.

4. Serve