

Glazed Carrots

Makes: 6 servings

Ingredients

2 tablespoons margarine
1 1/2 pounds carrot
1 cup water
1/4 teaspoon pepper
2 teaspoons sugar

Directions

1. Peel the carrots. Cut in half lengthwise, then cut into 1 inch pieces.
2. Melt the margarine in a heavy saucepan on low heat.
3. Add the carrots. Stir to coat them with the margarine.
4. Add the water, salt and pepper.
5. Cover and simmer for about 15 minutes until tender.
6. Drain the water.
7. Add the sugar.
8. Cover the pan.
9. Shake the pan back and forth on the burner for 1 minute.
10. Cook for 1 more minute, until the carrots are glazed but not brown.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	90	
Total Fat	4 g	6%
Protein	1 g	
Carbohydrates	12 g	4%
Dietary Fiber	3 g	12%
Saturated Fat	1 g	5%
Sodium	210 mg	9%