



April CARROTS



EatingWell

GLAZED MINI CARROTS

For posters, activities and more, visit VermontHarvestoftheMonth.org

Glazed Mini Carrots

ACTIVE: 5 MIN **TOTAL:** 10 MIN

Take advantage of convenient mini (“baby”) carrots to make this simple but sophisticated classic French side dish.

- 3 cups mini carrots (1 pound)**
- 1/3 cup water**
- 1 tablespoon honey**
- 2 teaspoons butter**
- 1/4 teaspoon salt, or to taste**
- 1 tablespoon lemon juice**
- Ground pepper to taste**
- 2 tablespoons chopped fresh parsley**

Combine carrots, water, honey, butter and salt in a large skillet. Bring to a simmer over medium-high heat. Cover and cook until tender, 5 to 7 minutes. Uncover and cook, stirring often, until the liquid is a syrupy glaze, 1 to 2 minutes. Stir in lemon juice and pepper. Sprinkle with parsley and serve.

SERVES 4: 1/2 CUP EACH

Calories 74, Fat 2g (sat 1g), Cholesterol 5mg, Carbs 14g, Total sugars 10g (added 4g), Protein 1g, Fiber 3g, Sodium 236mg, Potassium 288mg.
Nutrition bonus: Vitamin A (317% daily value).