

Honey Glazed Carrots

(serves 6)

Orange compliments the carrots in this quick, microwaved vegetable side dish. Try them with your favorite cut of pork and a baked potato for a simple meal.



Ingredients

1 lb fresh baby carrots
1/3 cup water
1/2 cup orange juice

1 tsp cornstarch
2 Tbsp butter (or margarine)
2 Tbsp honey

Directions

1. Wash hands.
2. Place carrots in a microwave-safe casserole dish and add water. Cover and microwave on high for 10 to 12 minutes or until tender. Drain any liquid from carrots and set aside.
3. In a separate microwave-safe bowl, stir the orange juice and cornstarch until smooth. Add the butter and honey, cover, and microwave on high for 30 seconds or until the mixture is thick.
4. Stir the honey mixture and the carrots together, cover, and microwave on high for 1 minute. Serve hot.

Tips: Don't have baby carrots? Use regular carrots in their place.

Nutrition Facts per serving: 120 calories, 6g fat, 180mg sodium, 16g carbohydrate, 5g fiber, 2g protein

Recipe by Caitlin Mellendorf, MS, RD, Nutrition & Wellness Educator, 2020

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