

Cinnamon-glazed Baby Carrots

From the National Heart, Lung, and Blood Institute's Keep the Beat
<https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?cId=0&rId=43> (page 127)

Ingredients

- 4 C baby carrots, rinsed and split lengthwise if very thick (or frozen pre-sliced carrots)
- 2 Tbsp soft tub margarine
- 2 Tbsp brown sugar
- ½ tsp ground cinnamon
- 1/8 tsp salt

Instructions

1. Place the carrots in a small saucepan. Add just enough water to barely cover the carrots. Cover. Bring to a boil. Reduce heat to medium. Cook for 7–8 minutes, just until the carrots are easily pierced with a sharp knife.
2. While the carrots are cooking, combine margarine, brown sugar, cinnamon, and salt in a small saucepan, and melt together over low heat (or put in a microwave-safe bowl and microwave for a few seconds on high power, until margarine is mostly melted). Stir well to combine ingredients.
3. Drain carrots, leaving them in the saucepan. Pour cinnamon mixture over carrots. Cook and stir over medium heat for 2–3 minutes, just until the carrots are thoroughly coated and the glaze thickens slightly. Serve warm.

Makes 4 servings

Nutrition information per serving

Calories: 67	Total Fiber: 2g
Total Fat: 3g	Sodium: 149mg
Saturated Fat: 0g	Protein: 1g
Cholesterol: 0mg	Carbohydrates: 10g

