

GINGERED CARROTS

From the AICR Test Kitchen

http://preventcancer.aicr.org/site/PageServer?pagenam=reduce_diet_recipes_test_kitchen

Ingredients

- ½ cup golden raisins
- Hot water
- 5-6 medium carrots (10-12 oz.)
- Boiling water, just enough to cover carrots
- 2 tsp. finely-minced fresh ginger
- 1 tsp. fresh lemon juice
- 2 tsp. butter or margarine
- 2 tsp. brown sugar
- 2 tsp. cornstarch
- 1 tsp. grated lemon zest
- Pinch of salt, if desired

Instructions

1. In a medium bowl, combine raisins and just enough hot water to cover them. Let stand about 15 minutes.
2. Meanwhile, peel and slice carrots diagonally into 1/2-inch slices. Place in a medium pot of boiling water, add ginger and lemon juice. Cook 6 to 7 minutes. Drain.
3. Drain raisins, reserving 3/4 cup liquid, and set aside. In a skillet, melt butter or margarine over medium heat. Add brown sugar and cook 30 seconds.
4. In a separate bowl, mix together reserved raisin water and cornstarch. Add to butter/brown sugar mixture. Cook about 1 minute, or until thickened. Add raisins and carrots and cook 1 minute. Add lemon zest and salt, if desired. Serve immediately.

Makes 4 servings.

Nutritional information per serving (4 servings)

- Calories: 124
- Total fat: 2g
- Saturated fat: 1g
- Total carbohydrates: 26g
- Protein: 1g
- Dietary fiber: 3g
- Sodium: 55mg

