

# HONEY-GLAZED CARROTS

*Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian*

*Serves: 1/2 cup, makes 4 servings*

## **Nutrition (per serving)**

Calories: 131

Total Fat: 6 g

Saturated Fat: 4 g

Sodium: 244 mg

Total Carbohydrate: 20

Dietary Fiber: 3 g

Protein: 1 g



## **Ingredients**

1 lb baby carrots

2 Tbsp butter

2 Tbsp honey

1/2 tsp lemon juice

1/2 tsp ground ginger

1/4 tsp salt



**OSF**  
HEALTHCARE

## Directions

1. Place carrots in medium saucepan. Add enough water to cover and bring to a boil over high heat. Reduce heat to medium-high; cover and cook for 15 to 20 minutes or until desired tenderness.
2. Drain water from carrots after cooking. Set carrots aside.
3. In saucepan, melt butter over medium heat. Add honey, ginger, lemon juice and salt. Mix well.
4. Return carrots to saucepan and toss until well mixed and heated through. Serve immediately.