

Orange Flavored Carrots

Ingredients:

- 1 cup water
- 6 carrots
- 1/2 small onion
- 2 tablespoons frozen orange juice concentrate
- 1 teaspoon lemon juice

Equipment:

- Liquid measuring cup
- Sauce pan
- Cutting board
- Knife
- Measuring spoons

Number of Servings: 6
 Prep Time: 30 minutes
 Total time: 35 minutes

Directions

1. Place water in a sauce pan, put lid on pan, and turn on high. Bring to a boil.
2. While waiting for water to boil, wash carrots and place it on a cutting board. Cut off both ends. Starting at the small end, slice into thin slices. Set aside.
3. Cut the ends off of the onion, and peel off the brown layers. Cut the onion in half lengthwise and place the flat side down. Slice across the onion, keeping together. Turn and slice again to dice. Set aside.
4. Add carrots and onion to the boiling water. Cover, turn to low and simmer carrots until tender, about 20 minutes.
5. Drain water from carrots and onion, reserving two tablespoons of cooking liquid. Return vegetables and liquid to sauce pan. Add orange juice concentrate, lemon juice, stir gently.
6. Reheat until warm and serve.

TIP: Try preparing in the microwave. Use a microwave-safe dish and 2 tablespoons of water. Cook for 15 minutes, add seasonings.

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Nutrition Facts

Serving Size: 1/2 cup
 Servings: 6

Amount Per Serving	
Calories 44	Calories from Fat 9
%Daily Value*	
Total Fat trace 1g	0%
Saturated Fat trace 1g	0%
Cholesterol 0mg	0%
Sodium 27mg	1%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	10%
Protein 1g	2%
Vitamin A 405%	Vitamin C 28%
Iron 2%	Calcium 2%

*Percent Daily Values are based on a 2,000 calorie diet.

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