

Glazed Carrots

Ingredients:

- 2 carrots
- 1/2 cup orange juice
- 1 tablespoon cornstarch
- 1 teaspoon brown sugar, packed
- 1/4 teaspoon cinnamon
- 1/8 teaspoon ground cloves
- 1 teaspoon reduced-calorie margarine

Equipment:

- Cutting Board
- Knife
- Parer
- Two saucepans
- Measuring cups
- Measuring spoons

Number of Servings: 4
 Prep Time: 15 minutes
 Total time: 15 minutes

Directions

1. Wash a carrot and place it on a cutting board. Starting at the small end, slice into thin slices.
2. Cook in small amount of water on top of stove or in microwave until just tender. Set aside.
3. In small saucepan, dissolve cornstarch in cold orange juice. Stir in brown sugar, cinnamon, and cloves.
4. Over medium heat, bring juice mixture to a slow boil, stirring constantly until thickened. Add margarine and carrots to sauce pan. Stir to coat evenly.
5. Serve warm.

For more recipes, please visit:
www.fcs.ext.vt.edu/recipes



Friend us on Facebook and follow us on Twitter

www.facebook.com/vafnp
www.twitter.com/vafnp

Nutrition Facts

Serving Size: 1/2 cup
 Servings: 4

Amount Per Serving		
Calories 62	Calories from Fat 9	
		%Daily Value*
Total Fat 1g		1%
Saturated Fat trace 1g		1%
Cholesterol 0mg		0%
Sodium 38mg		2%
Total Carbohydrate 14g		5%
Dietary Fiber 2g		9%
Protein 1g		2%

Vitamin A 407% Vitamin C 37%
 Iron 3% Calcium 3%

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

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.