

Glazed Carrots

4 servings

Ingredients:

2 cups carrots, peeled and sliced
1/2 cup orange juice, fresh or frozen
1 Tablespoon cornstarch
1 teaspoon brown sugar
1/4 teaspoon cinnamon
1/8 teaspoon ground cloves
1 teaspoon reduced fat margarine

Directions:

Peel and slice carrots. Cook in small amount of water on top of stove or in microwave until just tender
In small saucepan, dissolve cornstarch in cold orange juice. Stir in brown sugar, cinnamon and cloves.
Over medium heat, bring juice mixture to a slow boil, stirring constantly until thickened. Add margarine and carrots. Stir to coat evenly.

Nutrition Information per serving:

Calories: 65 calories	Sodium: 57 mg
Carbohydrate: 14 g	Protein: 1 g
Fat: 0.7 g	