

# Cinnamon- Glazed Baby Carrots

- **Makes:** 4 servings
- **Prep Time:** 3 minutes
- **Cook Time:** 11 minutes



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## Ingredients

4 cups baby carrots, rinsed and split lengthwise if very thick (or frozen presliced carrots)

2 tablespoons soft margarine

2 tablespoons brown sugar

½ teaspoon ground cinnamon

⅛ teaspoon salt

## Directions

1. Place the carrots in a small saucepan. Add just enough water to barely cover the carrots. Cover. Bring to a boil. Reduce heat to medium. Cook for 7 to 8 minutes, just until the carrots are easily pierced with a sharp knife.
2. While the carrots are cooking, combine margarine, brown sugar, cinnamon, and salt in a small saucepan, and melt together over low heat (or put in a microwave-safe bowl and microwave for a few seconds on high power, until margarine is mostly melted). Stir well to combine ingredients.

## Directions (cont'd)

3. Drain carrots, leaving them in the saucepan. Pour cinnamon mixture over carrots. Cook and stir over medium heat for 2 to 3 minutes, just until carrots are thoroughly coated and the glaze thickens slightly. Serve warm.

## Nutritional Information

**Serving size:** 1 cup

**Calories:** 67

**Total fat:** 3 grams

**Saturated fat:** 0 grams

**Cholesterol:** 0 milligrams

**Sodium:** 149 milligrams

**Carbohydrates:** 10 grams

**Total fiber:** 2 grams

**Protein:** 1 gram

**Potassium:** 260 milligrams

Source: National Heart, Lung, and Blood Institute; National Institutes of Health; US Department of Health and Human Services.

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