



Orange-Glazed Carrots

Recipe Source: www.allrecipes.com

Serves: 4

Ingredients:

1lb baby carrots
¼ cup orange juice
1 ½ Tbsp brown sugar
1 Tbsp unsalted butter
Dash salt

Steps:

- Place carrots in a shallow saucepan and cover with water. Boil until crisp-tender, about 10 minutes. Drain well in a colander.
- Add carrots back to the saucepan on the stove. Over medium heat, stir carrots until excess liquid has evaporated, about 1 minute. Pour in the orange juice and mix well. Simmer carrots about 5 minutes, stirring occasionally.
- Stir in brown sugar, butter, and salt. Mix well and heat until butter and sugar are melted and coating the carrots.

Tips from the Test Kitchen: Can be made with honey instead of brown sugar.

Nutritional Facts (Per Serving): Calories: 92, Carbohydrates: 16 grams, Protein: 0.75 grams, Total Fat: 3 grams, Saturated Fat: 2 grams, Cholesterol: 8 mg, Sodium: 149 mg, Fiber: 3 grams, Total Sugars: 12 grams.