

CUT 

Glazed Mini Carrots



Where service *and savings* matter.

SERVINGS: 4 (½ cup) servings

INGREDIENTS:

- 3 cups mini carrots (1 pound)
- ⅓ cup water
- 1 Tbsp Food Club Honey
- 2 tsp Land o’Lakes Light Butter
- ¼ tsp salt, or to taste
- 1 Tbsp lemon juice
- Freshly ground pepper to taste
- 2 Tbsp chopped fresh parsley

NUTRITIONALS

Nutritional analysis per serving:
 calories 70, calories from fat 10,
 total fat 1g, saturated fat 0.5g,
 cholesterol 5mg, sodium 210mg,
 total carbohydrate 14g, dietary
 fiber 2g, sugars 9g, protein 1g,
 vitamin A 250%, vitamin C 15%,
 calcium 2%, iron 0%

DIRECTIONS:

Combine carrots, water, honey, butter and salt in a large skillet. Bring to a simmer over medium-high heat. Cover and cook until tender, 5 to 7 minutes. Uncover and cook, stirring often, until the liquid is a syrupy glaze, 1 to 2 minutes. Stir in lemon juice and pepper. Sprinkle with parsley and serve.

source: eatingwell.com

visit unitedtexas.com for more recipe ideas

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Shopping List

PRODUCE:

- 3 cups mini carrots (1 pound)
- Fresh parsley

SPICES/SEASONINGS:

- Salt
- Pepper
- Lemon juice

GROCERY/FROZEN/MISCELLANEOUS:

- Food Club Honey

DAIRY:

- 2 teaspoons Land ‘O Lakes Light Butter