

Honey Ginger Carrots

Serves 4

1 lb. baby carrots, sliced in half lengthwise
1/2 cup water
1 T honey
1 T unsalted butter
1 t ginger powder
1/4 t salt



Combine all ingredients in a medium sauce pot on medium to high heat. Cover and cook for 10 minutes stirring every 3 minutes. Remove cover and reduce sauce until glaze is formed. Serve.

Nutrition information per serving: 110 calories, 4.5g fat, 1g protein, 17 g carbohydrate, Fiber 3g, 210mg sodium. Excellent Source of vitamin A & C.

