

Side Dish

Baked Almond Carrots

St Lucie News Tribune

2 pounds carrots, peeled and sliced

1/2 cup raisins

4 tablespoons butter, melted

6 tablespoons honey

2 tablespoons lemon juice

1/2 teaspoon ground ginger

toasted almonds

Preheat oven to 350 degrees.

Place carrots in a saucepan; bring to a boil; reduce heat, cover, cook for 5 minutes. Drain . return to pan.

Add raisins, butter, honey, lemon juice and ginger. Mix so that carrots are evenly coated and place in baking dish.

Bake, covered, for 30 minutes.

Sprinkle with toasted almonds before serving.

Per Serving (excluding unknown items): 1369 Calories; 48g Fat (29.3% calories from fat); 12g Protein; 247g Carbohydrate; 28g Dietary Fiber; 124mg Cholesterol; 766mg Sodium. Exchanges: 0 Grain(Starch); 16 Vegetable; 4 Fruit; 9 Fat; 7 Other Carbohydrates.