

# Carrots and Pineapple

Avonell Clark

*The Pennsylvania State Grange Cookbook (1992)*

## **Servings: 5**

*1 can (16 ounce) pineapple  
chunks*

*1/4 cup packed brown  
sugar*

*1 tablespoon butter*

*2 teaspoons cornstarch*

*1/2 teaspoon cinnamon*

*1 can (20 ounce) whole  
baby carrots, drained*

Drain the pineapple, reserving the juice.

In a saucepan, combine the reserved pineapple juice, brown sugar, butter, cornstarch and cinnamon. Cook over medium heat until thickened and clear, stirring constantly.

Stir in the pineapple and carrots. Cook until heated through.

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Per Serving (excluding unknown items): 66 Calories; 2g Fat (30.4% calories from fat); trace Protein; 12g Carbohydrate; trace Dietary Fiber; 6mg Cholesterol; 28mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Fat; 1/2 Other Carbohydrates.