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# Ginger Glazed Carrots II

*Home Cookin - Junior League of Wichita Falls, TX - 1976*

Servings: 4

**1 bunch (1 pound) carrots**  
**1 teaspoon chicken seasoned base stock**  
**1 teaspoon Bon Appetit**  
**1 teaspoon sugar**  
**3/4 cup water**  
**4 tablespoons butter**  
**1 tablespoon lemon juice**  
**3 tablespoons honey**  
**1/2 teaspoon ginger**  
**1/4 teaspoon nutmeg**  
**parsley flakes (for garnish)**

Clean the carrots and cut into rounds. Place in a skillet with the seasoned stock base, Bon Appetit, sugar, water and one tablespoon of the butter. Cover. Cook for 12 minutes. Drain.

Add the remaining butter, lemon juice, honey, ginger and nutmeg to the carrots. Cook, uncovered, over medium heat for 2 to 3 minutes, tossing frequently to thoroughly glaze the carrots.

Sprinkle with parsley flakes just before serving.

## Side Dishes

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*Per Serving (excluding unknown items): 164 Calories; 12g Fat (60.7% calories from fat); trace Protein; 17g Carbohydrate; 1g Dietary Fiber; 31mg Cholesterol; 125mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fruit; 2 1/2 Fat; 1 Other Carbohydrates.*