

Side Dish

Glazed Baby Carrots

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Servings: 8

2 pounds baby carrots

12 ounces orange marmalade

Cook the baby carrots in one inch of boiling water for 12 to 15 minutes or until crisp-tender. Drain.

Stir in the marmalade.

Serve with a slotted spoon.

Per Serving (excluding unknown items): 148 Calories; 1g Fat (3.2% calories from fat); 1g Protein; 37g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 64mg Sodium. Exchanges: 2 Vegetable; 2 Other Carbohydrates.