

Honey-Buttered Carrots

Mrs Merle U Fox

The Pennsylvania State Grange Cookbook (1992)

Servings: 4

24 baby carrots, peeled

1/2 teaspoon salt

1 cup water

3 tablespoons honey

1/4 teaspoon cinnamon

1/4 teaspoon nutmeg

In a heavy two-quart saucepan, cook the carrots in salted water over medium heat for 10 to 15 minutes or until tender. Drain.

Add the butter, honey, cinnamon and nutmeg. Bring to a boil over medium heat, stirring occasionally.

Serve immediately.

Per Serving (excluding unknown items): 72 Calories; trace Fat (4.1% calories from fat); 1g Protein; 18g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 290mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 0 Fat; 1 Other Carbohydrates.