

Orange Carrots

Linda Gassenheimer - The Miami Herald
Palm Beach Post

Servings: 2

3 tablespoons orange juice
2 teaspoons brown sugar
1 1/2 cups baby carrots, peeled
salt and freshly ground black pepper
2 tablespoons fresh mint, chopped

In a microwave-safe bowl, mix the orange juice and brown sugar together.

Add the carrots and toss them in the mixture.

Cover and microwave on HIGH for 3 minutes.

Remove and toss the carrots once more.

Sprinkle with salt and pepper to taste.

Sprinkle with the mint.

Per Serving (excluding unknown items): 92 Calories; 1g Fat (9.1% calories from fat); 2g Protein; 20g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 65mg Sodium. Exchanges: 3 Vegetable; 0 Fruit; 0 Other Carbohydrates.