

Root Beer-Glazed Carrots

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Servings: 8

*2 cups low-sodium chicken broth
1 cup root beer
2 pounds carrots, cut on the diagonal
into two-inch pieces
2 tablespoons honey
2 tablespoons unsalted butter
2 bay leaves
pinch ground cloves
salt (to taste)
pepper (to taste)*

Preparation Time: 5 minutes

Cook Time: 25 minutes

In a large skillet over medium-high heat, boil the broth and root beer until reduced to one cup, 15 to 20 minutes.

Add the carrots, honey, butter, bay leaves and cloves. Reduce the heat to medium. Simmer, stirring occasionally, until the carrots are tender and the sauce thickens to a glaze, about 15 minutes.

Discard the bay leaves. Season with salt and pepper to taste before serving.

Per Serving (excluding unknown items): 105 Calories; 4g Fat (27.2% calories from fat); 4g Protein; 18g Carbohydrate; 3g Dietary Fiber; 8mg Cholesterol; 50mg Sodium. Exchanges: 1/2 Lean Meat; 2 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.