

Sunshine Carrots

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Servings: 4

*5 medium carrots, sliced diagonally, one-inch thick
2 tablespoons water
1 tablespoon sugar
1 teaspoon cornstarch
1/4 teaspoon salt
1/4 teaspoon ginger
1/4 cup orange juice
2 tablespoons butter*

Place the carrots in a 1-1/2 quart casserole dish with the water, Cover. Microwave on HIGH for 8 minutes, stirring half way through the cooking time. Drain.

Meanwhile, in a small saucepan, combine the sugar, cornstarch, salt and ginger. Add the orange juice. Cook, stirring constantly, until the mixture thickens and bubbles. Bring to a boil for 1 minute. Stir in the butter. Pour over the hot carrots, tossing to coat evenly.

If you do not have a microwave, cook the carrots, covered, in a small amount of boiling water until just tender, about 20 minutes. Drain. Pour the sauce over the carrots.

Per Serving (excluding unknown items): 112 Calories; 6g Fat (46.1% calories from fat); 1g Protein; 15g Carbohydrate; 3g Dietary Fiber; 16mg Cholesterol; 224mg Sodium. Exchanges: 0 Grain(Starch); 2 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates.