

Carrot Souffle

Barbara Pitts

Feasting With Friends - Martin Memorial Auxiliary, Inc - 2011

1 pound carrots
3 tablespoons cornstarch
1 1/4 cups milk
3 large eggs, beaten
2 tablespoons honey
1 teaspoon salt
1/4 cup melted butter

Preheat the oven to 400 degrees.

Peel the carrots. Cook until tender. Puree' in a blender (about two cups).

In a bowl, dissolve the cornstarch in the milk. Stir into the carrots. Add the eggs, honey, salt and butter.

Transfer to a buttered casserole dish.

Bake for 45 minutes.

Per Serving (excluding unknown items): 1210 Calories; 72g Fat (52.4% calories from fat); 34g Protein; 113g Carbohydrate; 12g Dietary Fiber; 802mg Cholesterol; 3105mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 1/2 Lean Meat; 8 Vegetable; 1 Non-Fat Milk; 12 Fat; 2 1/2 Other Carbohydrates.