

Baby Carrots With Orange Glaze

Servings: 4

Serving size: ½ cup

Ingredients:

1 pound baby carrots

½ cup fresh orange juice

1 teaspoon olive oil

1 teaspoon grated orange zest

Instructions:

In large sause pan, boil until carrots are almost tender.

Drain water

In a saucepan, combine the carrots and orange juice. Cover and bring to a boil over high heat.

Cook until the carrots are tender, and the orange juice is thickened to a glaze consistency, about 2 minutes.

Remove from heat and stir in the olive oil and orange zest. Serve immediately.

Nutrition Information

Calories 65 Sodium 89 mg

Total Fat 1 g Carbohydrates 13 g

Source: Genesis Diabetes Cookbook

(Recipe from Type 2 Diabetes Cookbook)