



Honey Glazed Carrots

Servings: 6

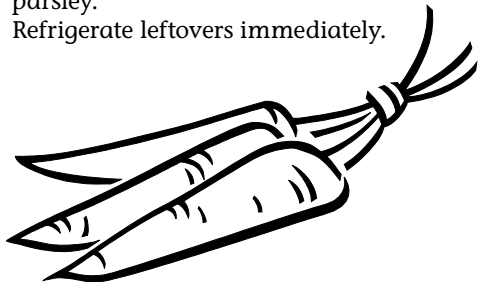
Rinse fresh vegetables under running water. Scrub firm-skin veggies with a vegetable brush while rinsing.

Ingredients:

- 1 pound baby carrots, cooked until tender
- 2 tablespoons margarine
- 1 tablespoon brown sugar
- 1 tablespoon honey
- 2 tablespoons parsley, chopped

Directions:

1. Wash hands and surfaces.
2. Melt margarine in a skillet or saucepan.
3. Add sugar, honey and carrots. Cook over low heat, turning carrots frequently until well glazed. Sprinkle with chopped parsley.
4. Refrigerate leftovers immediately.



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Nutrition Facts

Amount Per Serving

Calories 90

Calories from Fat 35

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 1g

Cholesterol 0mg **0%**

Sodium 75mg **3%**

Total Carbohydrate 13g **4%**

Dietary Fiber 2g **8%**

Sugars 9g

Protein 1g

Vitamin A 230%

Vitamin C 10%

Calcium 2%

Iron 0%

Tips:

- Cut carrots in different shapes — coins or long strips.
- Use fresh, local veggies. Go online to find a farmers market at: agebb.missouri.edu/fmktDir/index.htm or other Missouri local foods at: foodcircles.missouri.edu/sources.htm
- ☺ Babies under 1 year should not be given honey.
- ☺ Cut carrots in pieces ½ inch or smaller for children under 4 years to prevent choking.
- ☺ They learn from watching you — eat fruits and veggies and your kids will, too.

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local food stamp office or go online to dss.mo.gov/fsd/fstamp/