

fruit glazed carrots

Serves: 4 (1 cup)

Prep and Cook time: 30 min

Per serving: 102 calories, 4 g fat, 78 mg sodium

4 cups sliced carrots

2 TBS water

2 TBS fruit jam or jelly (peach, strawberry, apricot, orange)

1/2 tsp red wine vinegar, or

1/2 tsp hot sauce

1 TBS olive oil

Dash salt and black pepper

1. Preheat oven to 350° F. Place carrots in a microwave safe bowl with water. Cover and microwave on high for 8 minutes. Drain well. Add jam, vinegar, and olive oil. Mix gently.

2. Transfer carrots to a lightly oiled 8x8x2-inch or 9x9x2-inch baking dish. Season with salt and pepper. Bake 15 minutes. Serve hot or chill 20 minutes before serving.

Vary It! This sauce for these carrots tastes great on other vegetables as well, such as broccoli, snap peas, and spinach. You can serve the sauce on the side for dipping.