

Orange-Ginger Carrots

Serving size: ½ cup

Serves: 7

Ingredients:

1 teaspoon reduced-calorie margarine
1 pound carrots scraped and thinly sliced
2 tablespoons orange juice
1 teaspoon granulated brown sugar substitute
(such as brown Sugar Twin)
¼ teaspoon ground ginger
⅛ teaspoon salt
⅛ teaspoon dry mustard
Dash of pepper

Directions:

Coat a large nonstick skillet with cooking spray. Add margarine; place over medium heat until margarine melts. Add carrot; sauté until crisp-tender.

Add orange juice and remaining 5 ingredients; cook over medium low heat 8 to 10 minutes or until carrot is tender, stirring occasionally. Transfer to a serving platter.

Exchanges per serving:

1 Vegetable

Nutrients per serving:

Calories: 35

Calories from fat: 15%

Total Fat: 0.6g

Cholesterol: 0mg

Total Carbohydrate: 7.2g

Sodium: 71mg

Dietary Fiber: 2.1g

Protein: 0.7g