

Balsamic Carrots and Parsnips

Publix Aprons

Servings: 8

*2 pounds carrots and/or parsnips,
thinly sliced*

2 tablespoons canola oil

1/2 teaspoon Kosher salt

1/4 teaspoon pepper

3 tablespoons brown sugar

3 tablespoons chicken broth

3 tablespoons balsamic vinegar

1/2 cup dried cherries

*2 tablespoons fresh Italian parsley,
coarsely chopped*

4 ounces crumbled Feta cheese

Peel the carrots and parsnips. Cut both into 1/4-inch-thick slices (coins) and place in a microwave-safe dish. Cover and microwave on HIGH for 3 minutes.

Preheat a large saute' pan on medium-high for 2 to 3 minutes. Place oil in the pan. Add the carrots, parsnips, salt and pepper. Cook and stir for 3 to 4 minutes or until tender.

Combine the sugar, broth, vinegar and cherries. Add to the carrot mixture. Cook and stir for 2 to 3 minutes or until the mixture thickens.

Chop the parsley. Arrange the vegetables on a serving platter. Top with the parsley and feta cheese. Serve.

Start to Finish Time: 25 minutes

Per Serving (excluding unknown items): 113 Calories; 7g Fat (50.9% calories from fat); 2g Protein; 12g Carbohydrate; 1g Dietary Fiber; 13mg Cholesterol; 297mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 1 Fat; 0 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	113	Vitamin B6 (mg):	.1mg
% Calories from Fat:	50.9%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	40.8%	Thiamin B1 (mg):	trace
% Calories from Protein:	8.3%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	7g	Folacin (mcg):	6mcg
Saturated Fat (g):	2g	Niacin (mg):	trace
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	1g
Cholesterol (mg):	13mg
Carbohydrate (g):	12g
Dietary Fiber (g):	1g
Protein (g):	2g
Sodium (mg):	297mg
Potassium (mg):	38mg
Calcium (mg):	75mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	1mg
Vitamin A (i.u.):	112IU
Vitamin A (r.e.):	23 1/2RE

Alcohol (kcal):
% Daily Value

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	0
Fruit:	1/2
Non-Fat Milk:	0
Fat:	1
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 113 Calories from Fat: 57

% Daily Values*

Total Fat 7g	10%
Saturated Fat 2g	12%
Cholesterol 13mg	4%
Sodium 297mg	12%
Total Carbohydrates 12g	4%
Dietary Fiber 1g	2%
Protein 2g	
Vitamin A	2%
Vitamin C	2%
Calcium	7%
Iron	2%

* Percent Daily Values are based on a 2000 calorie diet.