

Side Dish

Garlic Carrots

Taste of Home Simple & delicious - August 2011

Servings: 6

1 pound baby carrots
2 cloves garlic, minced
2 tablespoons olive oil
1/4 cup hot water
1/2 teaspoon salt
1/4 teaspoon dried thyme
dash pepper

In a large skillet, saute' the carrots with the cloves in the olive oil for 5 minutes.

Add the hot water, salt, thyme and pepper.

Bring to a boil. Reduce the heat. Cover and cook for 8 to 12 minutes or until the carrots are tender.

Per Serving (excluding unknown items): 70 Calories; 5g Fat (60.5% calories from fat); 1g Protein; 6g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 205mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 1 Fat.