

Side Dish

Key Lime Cilantro Carrots

Alison Ladman
Palm Beach Post

Servings: 10

Preparation Time: 40 minutes

4 tablespoons (1/2 stick) butter

2/3 cup honey

1/4 cup Key lime juice

3 pounds baby carrots

salt to taste

ground black pepper to taste

1/2 cup fresh cilantro, chopped

In a large deep saute' pan over medium-high heat, heat the butter, honey and lime juice until the butter is melted.

Add the carrots and cook, uncovered and stirring occasionally, until the glaze is thick and the carrots are firm but tender, about 30 minutes.

Let stand for 10 minutes to thicken.

Season with salt and pepper.

Stir in the cilantro.

Per Serving (excluding unknown items): 445 Calories; 37g Fat (73.1% calories from fat); 2g Protein; 30g Carbohydrate; 3g Dietary Fiber; 99mg Cholesterol; 424mg Sodium. Exchanges: 2 Vegetable; 7 1/2 Fat; 1 Other Carbohydrates.