

Moroccan Carrots

Integrated Marketing Services - Apopka, FL

Servings: 4

Preparation Time: 10 minutes

Grill Time: 28 minutes

1/4 cup fresh lemon juice

3 tablespoons honey

1 tablespoon olive oil

1/4 teaspoon ground cumin

1/2 teaspoon ground cinnamon

4 large carrots, peeled

1 tablespoon fresh cilantro or parsley, chopped

1 tablespoon fat-free feta OR goat cheese (optional), crumbled

Coat the grill rack with nonstick cooking spray.

Preheat the grill to MEDIUM-HIGH (350 to 400 degrees).

In an 8x8-inch foil pan, combine the lemon juice, honey, oil, cumin and cinnamon. Set aside.

Cut the carrots diagonally into quarters about 1 1/2-inches long. Place in a pan of boiling water. Cook for 10 minutes or just until fork-tender. Drain.

Transfer the carrots to the grill. Grill 10 minutes or until tender and lightly charred, turning several times.

Remove the carrots from the grill. Add to the lemon juice mixture in the pan. Place the pan directly on the grill.

Grill, covered, for 8 minutes.

Transfer to a serving bowl. Season with salt and pepper to taste.

Sprinkle with cilantro and (if desired) cheese. Serve.

Per Serving (excluding unknown items): 114 Calories; 4g Fat (25.8% calories from fat); 1g Protein; 22g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 26mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1/2 Fat; 1 Other Carbohydrates.