

Parsley Carrots With Mushrooms

Servings: 4

Exchanges: One serving = 2 1/2 vegetable, 1/2 fat.

1 pound carrots, scraped, trimmed, and julienned

1 teaspoon fructose

1/2 cup seltzer water

1 tablespoon butter or margarine

Pinch black pepper

1 cup sliced mushrooms

2 tablespoons parsley, minced

Place carrots in nonstick saucepan with fructose, seltzer water, 1/2 tablespoon butter and pepper.

Bring carrots to a boil, cover, and simmer 30 minutes, until tender.

Add mushrooms and cook a few minutes longer. Drain off any remaining liquid.

When ready to serve, add remaining butter and parsley. Heat, toss, and serve.

Per Serving (excluding unknown items): 80 Calories; 3g Fat (33.3% calories from fat); 1g Protein; 13g Carbohydrate; 3g Dietary Fiber; 8mg Cholesterol; 67mg Sodium. Exchanges: 2 Vegetable; 1/2 Fat; 0 Other Carbohydrates.