

Pecan-Topped Apples and Carrots

*All-Time Favorites - 2013 Cookbook
Better Homes and Gardens Magazine*

Servings: 4

2 carrots, peeled and cut into bite-size strips
2 teaspoons butter
2 red-skin cooking apples, quartered, cored and thinly sliced
1 teaspoon grated fresh ginger
1/8 teaspoon salt
1 tablespoon white wine vinegar
2 tablespoons finely chopped pecans, toasted
1 tablespoon snipped fresh parsley

Preparation Time: 20 minutes

Cook Time: 9 minutes

In a large skillet, cook the carrots, covered, in a small amount of boiling water for 5 minutes. Drain off the liquid.

Add the butter to the carrots in the skillet. Add the apples, ginger and salt. Cook, uncovered, over medium heat for 4 to 6 minutes until the carrots and apples are just tender, stirring occasionally. Add the vinegar and toss to coat. Transfer to a serving dish.

In a small bowl, stir together the pecans and parsley. Sprinkle over the carrots and apples.

TIP: To toast nuts, seeds or shredded coconut, spread the pieces in a single layer in a shallow baking pan. Bake in a 350 degree oven for 5 to 10 minutes or until the pieces are golden brown, stirring once or twice.

Per Serving (excluding unknown items): 33 Calories; 2g Fat (51.1% calories from fat); trace Protein; 4g Carbohydrate; 1g Dietary Fiber; 5mg Cholesterol; 96mg Sodium. Exchanges: 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	33	Vitamin B6 (mg):	.1mg
% Calories from Fat:	51.1%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	44.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	4.5%	Riboflavin B2 (mg):	trace
Total Fat (g):	2g	Folacin (mcg):	5mcg
Saturated Fat (g):	1g	Niacin (mg):	trace
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	5mg	% Refuse:	0.0%

Carbohydrate (g):	4g
Dietary Fiber (g):	1g
Protein (g):	trace
Sodium (mg):	96mg
Potassium (mg):	121mg
Calcium (mg):	11mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	3mg
Vitamin A (i.u.):	10199IU
Vitamin A (r.e.):	1030RE

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	33	Calories from Fat: 17
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% Daily Values*

Total Fat	2g	3%
Saturated Fat	1g	6%
Cholesterol	5mg	2%
Sodium	96mg	4%
Total Carbohydrates	4g	1%
Dietary Fiber	1g	4%
Protein	trace	

Vitamin A	204%
Vitamin C	6%
Calcium	1%
Iron	1%

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