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# Pineapple Glazed Carrots

*Mark J Krinsky - New York*

*North American Potpourri - Autism Directory Service, Inc - 1993*

**5 to 7 carrots, scraped**

**1/2 teaspoon salt**

**1 can (8-3/4 ounce) pineapple tidbits, drained**

**1 tablespoon grated orange rind**

**1/2 cup light brown sugar**

**1/4 teaspoon cinnamon**

**2 tablespoons butter or margarine**

Cut the carrots into 1-1/2 inch sticks. Place the sticks into a two-quart saucepan. Cook until tender in a small amount of water and salt. Drain.

Add the pineapple tidbits, orange rind, sugar, cinnamon and butter. Place over medium heat and occasionally toss lightly until glazed, about 5 minutes.

Serve immediately.

Yield: 5 to 6 servings

## **Side Dishes**

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*Per Serving (excluding unknown items): 638 Calories; 24g Fat (32.0% calories from fat); 4g Protein; 109g Carbohydrate; 11g Dietary Fiber; 62mg Cholesterol; 1455mg Sodium. Exchanges: 0 Grain(Starch); 7 Vegetable; 0 Fruit; 4 1/2 Fat; 4 1/2 Other Carbohydrates.*