

Rosemary Carrots

Grace Yaskovic - Lake Hiawatha, NJ

Simple&Delicious Magazine - December 2011/ January 2012

Servings: 6

Start to Finish Time: 20 minutes

1 1/2 pounds carrots, sliced

1 tablespoon olive oil

1 small green pepper, finely chopped

1 teaspoon dried rosemary, crushed

1/2 teaspoon salt

1/4 teaspoon coarsely ground pepper

In a large skillet, saute' the carrots in oil until crisp-tender.

Add the green pepper. Saute' 5 minutes longer or until the vegetables are tender.

Stir in the rosemary, salt and pepper.

Per Serving (excluding unknown items): 70 Calories; 2g Fat (30.3% calories from fat); 1g Protein; 12g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 214mg Sodium. Exchanges: 0 Grain(Starch); 2 Vegetable; 1/2 Fat.