
Sunday Glazed Carrots

Geneva Worthington - Hudson's Pontiac

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

1 pound (6 to 8) carrots

2 tablespoons butter

1/4 cup packed brown sugar

2 tablespoons cold water

1 1/2 teaspoons cornstarch

1/4 cup coarsely chopped pecans (optional)

Cut the carrots into 1/2 inch diagonal slices. Place in a one-quart microwave-safe casserole with the butter and brown sugar. Cover.

Microwave on HIGH for 9 to 11 minutes, stirring after 5 minutes.

In a small bowl, combine the water and cornstarch until smooth. Stir into the carrot mixture.

Microwave on HIGH for about 2 minutes.

(To double the recipe: Use a two-quart casserole. Microwave the carrots for 15 minutes. Stir in the thickening. Microwave for 4 to 6 minutes. Raisins or pineapple can be added.)

Yield: 3 to 4 servings

Side Dishes

Per Serving (excluding unknown items): 456 Calories; 23g Fat (44.3% calories from fat); 1g Protein; 64g Carbohydrate; 2g Dietary Fiber; 62mg Cholesterol; 282mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 4 1/2 Fat; 3 1/2 Other Carbohydrates.