

Sweet and Tangy Carrots

*Paula Zsiray - Logan, UT
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Servings: 8

*2 pounds carrots, sliced
1/4 teaspoon salt
1/2 cup packed brown
sugar
3 tablespoons butter
2 tablespoons Dijon
mustard
1/4 teaspoon white pepper
2 tablespoons minced fresh
parsley*

Place one inch of water, the carrots and salt in a large saucepan. Bring to a boil. Reduce the heat. Cover and simmer until tender, 15 to 20 minutes. Drain.

Return the carrots to the pan. Add the brown sugar, butter, mustard and pepper. Cook and stir over low heat until coated.

Sprinkle with parsley. Serve with a slotted spoon.

Per Serving (excluding unknown items): 137 Calories; 5g Fat (29.4% calories from fat); 1g Protein; 24g Carbohydrate; 3g Dietary Fiber; 12mg Cholesterol; 199mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 Vegetable; 1 Fat; 1 Other Carbohydrates.