

## **Herbed Corn and Carrots**

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**Servings: 4**

**Start to Finish Time: 20 minutes**

**1 package (16 oz) frozen corn**

**1 large carrot, chopped**

**2 tablespoons water**

**3 tablespoons butter, cubed**

**3/4 teaspoon dried basil**

**1/2 teaspoon onion salt**

**1/2 teaspoon dried parsley flakes**

**1/8 teaspoon pepper**

In a large microwave-safe bowl, combine the corn, carrot and water.

Cover and microwave on HIGH for 6 to 8 minutes or until the vegetables are tender. Drain.

Add the butter and seasonings, stirring until the butter is melted.

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Per Serving (excluding unknown items): 103 Calories; 9g Fat (73.1% calories from fat); 1g Protein; 6g Carbohydrate; 1g Dietary Fiber; 23mg Cholesterol; 295mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.