

## ***Honey Glazed Carrots***

8 to 10 medium carrots, washed and peeled

¼ cup honey

¼ cup orange juice

Pepper and salt to taste

Garnish with fresh parsley (optional)

Directions:

Preheat an oven to 350 degrees F

Cut carrots into stripes. Place carrots into a baking dish. Combine honey and orange juice then pour over carrots; mix until evenly coated. Then season with pepper and salt to taste.

Bake in the preheated oven covered until carrots are tender, or about 40 minutes or to desired doneness. Garnish with parsley if desired.

Nutrient Analysis, per serving: 56 calories, 15 g. carbohydrate, 0.5 g. protein, 0.1 g. fat, 1.8 g. dietary fiber, 33.9 mg. sodium, 0 mg. cholesterol