



## Honey Glazed Carrots

### *Serves four*

24 baby carrots  
1 TBS salted butter  
1 TBS honey  
1 TBS orange juice  
1/4 tsp. orange zest

Bring a pot of salted water to a rolling boil and get a large bowl of iced water ready.

Wash your carrots and cut the stems leaving about an inch on each one. Peel them carefully.

Once the water is boiling add the carrots and cook for two minutes. Drain and immediately transfer the carrots to the bowl with iced water.

Melt the butter in a skillet and add the honey, orange juice and zest. Mix until the honey is melted. Drain the carrots and add them to the skillet. Stir occasionally until all the glaze is gone, making sure that all sides are covered.

Serve immediately and enjoy.

CALORIES 64.27; FAT 2.96 grs (sat 1.83; mono 0.75; poly 0.14); PROTEIN 0.45 grs ; FIBER 1.77 grs; CARBS 9.70 grs; CHOLESTEROL 7.63 mg; IRON 0.56 mg; SODIUM 72.40 mg; CALCIUM 20.99 mg