

# Zesty Orange Carrots

Makes: 4 Servings

## Ingredients

- 16 ounces** carrots, peeled
- 1/4 teaspoon** ground cinnamon
- 1/2** orange
- 1 tablespoon** honey
- 1 tablespoon** butter alternative spread (0 g trans fat)
- 1 tablespoon** parsley, fresh (for appearance, optional)

## Directions

1. Bring about 2 cups of water to a gentle boil in saucepan.
2. Add carrots and cinnamon. Cook for about 10 minutes, until just tender.
3. While carrots are cooking, wash an orange and cut in half.
4. Squeeze juice out of the orange (remove seeds).
5. Use a sharp paring knife to carefully remove the orange 'zest' from the peel. Try not to get any of the white part as it will taste bitter. Cut the zest into small slices.
6. When carrots are done, drain well.
7. Add the honey, margarine and orange zest and toss into mix. Serve while hot.

**Source:** ONIE Project - Oklahoma Nutrition Information and Education. Simple Healthy Recipes.

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>84</b>
<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	0 g
Cholesterol	0 mg
<b>Sodium</b>	<b>92 mg</b>
<b>Total Carbohydrate</b>	<b>16 g</b>
Dietary Fiber	3 g
Total Sugars	11 g
Added Sugars included	4 g
<b>Protein</b>	<b>1 g</b>
Vitamin D	0 IU
Calcium	44 mg
Iron	0 mg
Potassium	359 mg

N/A - data is not available

### MyPlate Food Groups

 Vegetables	3/4 cup
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