

## **Gingered Carrots**

Serves 8

### **Ingredients**

- Any amount of carrots, cut into ½- inch slices (about 6 medium)
- 2 tablespoons light tub margarine, melted
- 2 teaspoons sugar
- 3 teaspoons ground ginger
- 3 tablespoons finely snipped fresh parsley or 1 tablespoon dried, crumbled

### **Directions**

Place carrots in a large saucepan. Add just enough water to cover. Bring to a boil over high heat; reduce heat and simmer, covered, for 10 to 12 minutes, or until barely tender. Drain well.

In a small bowl, stir together margarine, sugar, and ginger; gently stir into carrots.

Sprinkle with parsley

### **Nutrient Analysis (per serving)**

Calories	49
Protein	1 g
Cholesterol	0 g
Carbohydrates	10 g
Total fat	1 g
Saturated fat	0 g
Sodium	44 mg

This recipe is reprinted with permission from the American Heart Association