



April 2016

Quick Bites

This colorful side can be whipped up in less than 15 minutes and requires only 5 ingredients. Balsamic vinegar and a little brown sugar form a beautiful glaze that brings out the natural sweetness of carrots. This healthy vegetable contains the antioxidant beta-carotene (a plant form of vitamin A), as well as other beneficial carotenoids.



Balsamic Glazed Carrots

Makes 6 Servings.

Per serving: 66 calories, 2 g total fat (0 g saturated fat), 11 g carbohydrate,

Ingredients:

- 1 Tbsp. peanut or canola oil
- 4 cups baby-cut carrots or 1/2-inch diagonally sliced carrots
- 2 Tbsp. balsamic vinegar
- 2 Tbsp. brown sugar
- Salt and freshly ground black pepper to taste

Directions:

In large skillet, heat oil over medium-high heat. Add carrots. Sauté until carrots become tender crisp and start to brown slightly, about 11-12 minutes. Reduce heat to medium. Sprinkle vinegar and sugar over carrots, stirring to thoroughly coat carrots. Season to taste with salt and pepper. Remove from heat and serve warm.

For more information:
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