

## Ginger Lime Carrots

*From Healthy in a Hurry, Jean Pare, Company's Coming, 2007*

1 Tbsp apple juice

2 tsp cornstarch

3 cups sliced carrots

1 cup apple juice

1 tbsp minced crystallized ginger

Salt, sprinkle

1 tbsp lime juice



1. Stir first amount of apple juice into corn starch in small cup. Set aside.
2. Combine next 4 ingredients in medium saucepan. Bring to a boil. Reduce heat to medium. Boil gently, partially covered for about 10 minutes until carrot is tender crisp. Stir cornstarch mixture. Add to carrot mixture. Heat and stir until boiling and thickened. Remove from heat.
3. Add lime juice.

***Serves four. Per Serving  
Calories 181, Protein 1 g, Fat 0.5 g, Fiber 3 g***

