

Honey Glazed Carrots

Try this great recipe as a side dish to increase the Vitamin A and fiber in your family's meal plan!

4 cups sliced carrots

¼ cup balsamic vinaigrette dressing

2 TBSP honey

2 TBSP chopped pecans

Bring carrots, dressing, and honey to a boil in saucepan. Reduce heat to medium-low; cover. Simmer 15 minutes or until tender. Sprinkle with pecans.

Makes 4 servings. Per serving: calories 165, fat 8.9 g, carbs 21.8g, fiber 3.4g, protein 1.6g



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