

Holiday Recipes for Managing Diabetes

Apple-Glazed Baby Carrots

NUMBER OF SERVINGS:

6

SERVING SIZE:

1/2 cup

OVERVIEW:

No need for sticky brown sugar and high-fat butter — let the natural, sweet taste of the carrots shine through.

INGREDIENTS:

- 3 cups baby carrots
(about 1.5 bags)

- 1 Tbsp lemon juice

- 1 Tbsp low-calorie margarine

- 3 Tbsp apple juice concentrate

- 0.66 cup low-fat, low-sodium
chicken broth

- 1 tsp cinnamon

- 2 tsp cornstarch or
arrowroot powder

- 1 tsp water

INSTRUCTIONS:

1. In a steamer over 2 inches of boiling water, steam the carrots, covered, for 3 minutes.
2. Sprinkle with lemon juice.
3. Melt the margarine in a medium skillet over medium heat.



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NUTRITION:

Total Calories:	61
Calories from Fat:	12
Total Fat:	1 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	77 mg
Total Carbohydrates:	12 g
Dietary Fiber:	2 g
Sugars:	7 g

INSTRUCTIONS (Continued):

4. Add the apple juice concentrate and cook until it melts.
5. Add the broth and cinnamon and bring to a boil.
6. Mix together the cornstarch or arrowroot powder with the water.
7. Add to the skillet, lower the heat, and cook until thickened. Add the carrots and toss well to coat.

