

Holiday Recipes for Managing Diabetes

Dilled Carrots

NUMBER OF SERVINGS:

6

SERVING SIZE:

1/2 cup

OVERVIEW:

Carrots and dill make a wonderful pair.

INGREDIENTS:

3 cups sliced carrots or whole baby carrots
 0.5 tsp lemon pepper
 2 tsp fresh dill, minced
 2 tsp olive oil
 Fresh ground pepper and salt to taste

INSTRUCTIONS:

Steam the carrots until tender, about 5-8 minutes. Combine with the other ingredients and serve.



NUTRITION:

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|----------------------|--------|
| Total Calories: | 46 |
| Calories from Fat: | 14 |
| Total Fat: | 2 g |
| Saturated Fat: | 0 g |
| Cholesterol: | 0 mg |
| Sodium: | 101 mg |
| Total Carbohydrates: | 8 g |
| Dietary Fiber: | 2 g |
| Sugars: | 3 g |

