



Zesty Glazed Carrots

Prep: 5 minutes | Cook: 10 minutes | Total: 15 minutes

Yield: 2 servings | Serving Size: ~¾ cup

Ingredients

3 medium carrots, peeled and sliced (about 1½ cups)

¼ cup water

2 teaspoons honey

1 teaspoon unsalted butter

Pinch salt

Pinch ground black pepper

1 tablespoon lemon juice (about ¼ lemon)

1 tablespoon minced fresh parsley, minced (or 1 teaspoon dried parsley)

Directions

1. Heat a medium skillet or sauté pan over medium-high heat.
2. Add the carrots, water, honey, butter, salt, and black pepper.
3. Bring to a simmer over medium-high heat, then reduce the heat to maintain a low simmer.
4. Cover the pan with a lid and cook for 7 minutes.
5. Remove the lid and continue cooking until carrots are fork-tender, about 1-2 minutes.
6. Add the lemon juice and parsley. Stir to combine.
7. Serve warm.

Recipe Notes

- Substitute halved baby carrots for the sliced carrots, if desired.

**Nutrition Facts Per Serving: Calories: 75 | Total Fat: 2 g | Saturated Fat: 1 g
Sodium: 210 mg | Total Carbohydrate: 14 g | Dietary Fiber: 2 g | Protein: 1 g**

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