

Cinnamon-Glazed Baby Carrots

Prep: 10 minutes | Cook: 20 minutes | Total: 30 minutes

Yield: 4 servings | Serving Size: 1 cup

Ingredients

4 cups baby carrots, cut in half lengthwise (about 2 pounds)

Water

1 tablespoon brown sugar

1 tablespoon unsalted butter

½-¾ teaspoon ground cinnamon, to taste

Pinch salt

Directions

- 1. Place the carrots in a medium or large saucepan and add enough water to just cover the carrots.
- 2. Cover the pot with a lid and bring the water to a boil. Then reduce the heat to medium-low to maintain a simmer.
- 3. Cook until the carrots are easily pierced with a fork, about 7-9 minutes.
- 4. Drain the carrots into a colander (strainer) and set aside.
- 5. Return the pot to the stovetop over medium heat.
- 6. Add the butter, brown sugar, cinnamon, and salt. Cook, stirring constantly, until the butter and sugar melt to make a sauce, about 1-2 minutes.
- 7. Return the carrots to the pot with the sauce mixture.
- 8. Cook, stirring often, until the carrots are coated and the sauce is slightly thickened, about 2-3 minutes.
- 9. Serve warm.

Recipe Notes

- This recipe goes well with most meat, poultry, and seafood main dishes.
- If you don't have baby carrots you can substitute sliced carrots.

Nutrition Facts Per Serving: Calories: 75 | Total Fat: 3 g | Saturated Fat: 2 g Sodium: 360 mg | Total Carbohydrate: 12 g | Dietary Fiber: 3 g | Protein: 0 g

