



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

$\frac{1}{2}$ - $\frac{3}{4}$ 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**

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