



# Lemony Glazed Carrots

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

Yield: 2 servings | Serving Size:  $\frac{3}{4}$  cup

## Ingredients

2 large carrots, peeled and sliced

$\frac{1}{4}$  cup water

2 teaspoons honey

1 teaspoon butter

$\frac{1}{8}$  teaspoon salt

$\frac{1}{8}$  teaspoon pepper

Juice of half lemon

1 tablespoon fresh parsley, or  $\frac{1}{2}$  teaspoon dried parsley

## Directions

1. In a medium saucepan over medium-high heat, add carrots, water, honey, butter, salt and pepper and bring to a simmer.
2. Reduce heat to medium-low, cover and cook for 5-7 minutes.
3. Remove cover and continue cooking uncovered for 1-2 minutes or until carrots can be easily pierced with a fork.
4. Stir in lemon juice and parsley.
5. Serve warm.

## Recipe Notes

- Substitute  $1\frac{1}{2}$  cups of 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**

Adapted from [eatingwell.com](http://eatingwell.com) | Submitted by Robin LaCroix, RD, CSO  
For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



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