Ginger Glazed Carrots
Makes 6 servings

Ingredients:
- 3 cups sliced carrots (6 medium), cut into ¼ inch slices
- ½ cup water
- ½ cup cider or apple juice
- 2 teaspoons butter
- 1 teaspoon ground ginger
- 1 tablespoon lemon juice
- 2 teaspoons packed brown sugar

Directions:
1. Cook carrots, water, cider or juice, butter and ginger over medium heat 12-15 minutes, stirring occasionally until liquid has evaporated.
2. Reduced heat to medium-low. Stir in lemon juice and brown sugar.
3. Cook 5 minutes, stirring occasionally, until carrots are glazed.

Source: Broome County Cornell Cooperative Extension

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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