

LEMON CARROTS

SERVES 4

Carrots with a twist of lemon! This side dish gives carrots a whole new taste.

INGREDIENTS

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| 1 pound carrots, peeled and cut into ½ inch circles | 1 ½ teaspoon fresh lemon juice |
| ¾ cup water | 1 clove garlic, minced |
| 1 ½ teaspoon olive oil | ¼ teaspoon salt |
| 2 tablespoons scallions, thinly sliced, plus additional for garnish | 1/8-teaspoon red pepper flakes |

DIRECTIONS

1. In a large non-stick skillet, combine carrots and water and bring to a boil over HIGH heat.
2. Reduce heat; cover and simmer for 8 to 10 minutes or until carrots are almost tender.
3. Uncover and cook over MEDIUM-HIGH heat until water evaporates.
4. Add oil and cook, stirring frequently, for about 5 minutes, or until carrots are lightly browned and just tender.
5. Stir in the remaining ingredients.
6. Cook, tossing for about 2 minutes, or until carrots are evenly coated.
7. Sprinkle with additional scallion, if desired.

Source: Recipe courtesy of Fruits and Veggies-More Matters®
www.FruitsAndVeggiesMoreMatters.org

NUTRITIONAL INFO: Serving Size: ¼ of recipe, Calories: 71, Fat: 1.7 grams (g), Sodium: 207 milligrams (mg), Protein: 1 gram (g).



THE TRUTH ABOUT CARROTS

- CARROTS ARE ABOUT 87% WATER.
- CARROTS PROVIDE A GREAT SOURCE OF VITAMIN A.
- CARROTS VARY IN COLOR; THEY CAN BE YELLOW, WHITE, PURPLE, ORANGE OR RED.
- CARROTS ARE A GREAT SOURCE OF BETA-CAROTENE, WHICH IS CONVERTED INTO VITAMIN A.
- CARROTS ARE GOOD FOR YOUR DIGESTIVE SYSTEM, AS THEY CONTAIN FIBER.

SIMPLY GOOD EATING



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