

Honey Tarragon Carrots

This Recipe Serves 4

Ingredients

1 pound baby carrots
1 cup water
2 tablespoons honey
1 teaspoon dried tarragon
¼ teaspoon salt (optional)
¼ teaspoon ground black pepper



Instructions

1. In a medium sauté pan, simmer carrots in water, covered, for 10 minutes.
2. Remove lid and add remaining ingredients.
3. Turn flame to high and cook until all liquid is reduced.
4. Sauté carrots until caramelized (golden brown).

From Healthy Calendar Diabetic Cooking, 2nd Edition by Lara Rondinelli-Hamilton, RD, LDN, CDE, and Chef Jennifer Bucko Lamplough

Nutrition Information: (Per Serving)

¼ Recipe (about ½ cup)

80 Calories
20g Carbohydrate
0 g Fat
1 g Protein