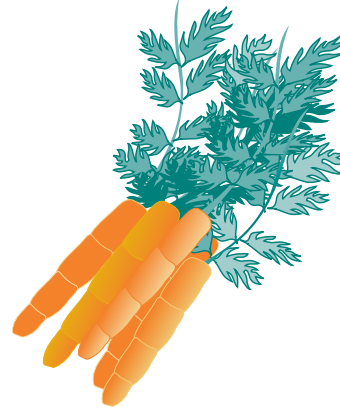


Honey Basil Carrots

Ingredients:

- 4 small to medium carrots, cut diagonally into 1/4 inch slices
- 2 teaspoons honey
- 2 teaspoons water
- 1/8 teaspoon dried basil flakes
- 1/8 teaspoon pepper
- 1 tablespoon slivered almonds



Preparation:

Microwave

1. In microwave-safe container, mix carrots, honey, water, basil, and pepper.
2. Cover and microwave on high for 10 minutes, turning container halfway around after 5 minutes.
3. Sprinkle with almonds before serving.

Conventional Range

1. Steam carrots until crispy tender, about 10 minutes.
2. While carrots are cooking, mix together remaining ingredients.
3. Mix carrots with honey-basil mixture before serving.

Makes two 1/2 cup servings

Amount Per Serving	
Calories 100	Calories from Fat 15
% Daily Values*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 21g	7%
Dietary Fiber 5g	19%
Sugars 15g	
Protein 2g	
Vitamin A 810%	Vitamin C 25%
Calcium 4%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

