

Glazed Citrus Carrots

By: The Complete Slow Cooking for Two, Linda Larsen

Ingredients:

- 1 1/2 lbs. whole small carrots
- 1 leek, white part only, sliced
- 3 garlic cloves, minced
- 1/4 cup vegetable broth or water
- 2 tablespoons freshly squeezed lemon juice
- 2 tablespoons orange juice
- 2 tablespoons honey
- 1/2 teaspoon lemon zest (optional)
- 1/2 teaspoon orange zest (optional)
- 1/2 teaspoon salt
- 1/8 teaspoon freshly ground black pepper

Instructions:

1. Peel the carrots and cut off the roots. Trim off the tops, if the carrots have them. Put the carrots in the crockpot.
2. Add the leek and garlic, and stir. Then add the remaining ingredients and stir.
3. Cover and cook on low for 7-8 hours, or until the carrots are tender.

Serves: 9 - 3/4 cup servings

Nutrition Information per serving: Calories: 56

Total fat: 0g; Sat. fat: 0g; Cholesterol: 14g; Fiber: 2g; Protein: 1g.

Gluten-free; soy-free; nut-free; vegetarian



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