



Glazed Carrots with Cranberries

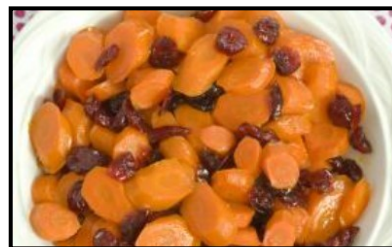


Ingredients



Adapted from *Purdue University Extension*

- 1 pound carrots, peeled and sliced diagonally into 1/4 inch thick slices
- 1/2 cup chicken broth
- 1/2 teaspoon salt
- 1 tablespoon butter
- 3 tablespoons sugar, divided
- 1/2 cup dried cranberries
- 2 teaspoons lemon juice



Directions



Yield: 34 servings **Serving size:** 2/3 Cup

1. In a large skillet over medium-high heat, add carrots, salt, 1 Tablespoon sugar, and broth. Bring to a boil. Cover and reduce heat. Simmer, stirring occasionally, until carrots are almost tender, about 5 to 8 minutes.
2. Uncover; increase heat to high. Stir occasionally until liquid is reduced to about 2 Tablespoons, about 1 to 2 minutes.
3. Add butter and remaining sugar to skillet; stir carrots to coat. Add dried cranberries and cook, stirring frequently, until carrots are completely tender and glaze is light gold, about 3 minutes.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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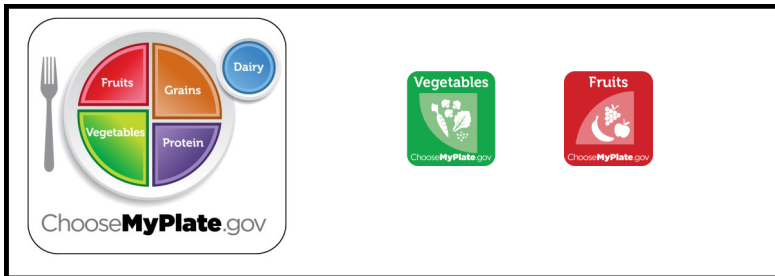
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Fast Facts



Featured Food Groups



Cooking Tips



- Maple syrup can be substituted for sugar.
- No cranberries on hand? Raisins work well too!

Nutrition Facts

4 servings per container	
Serving size	2/3 cup (110g)
Amount per Serving	
Calories	100
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate 21g	8%
Dietary Fiber 3g	11%
Total Sugars 16g	
Includes 14g Added Sugars	28%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 25mg	2%
Iron 0mg	0%
Potassium 250mg	6%
Vitamin A 591mcg	66%
Vitamin C 5mg	5%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

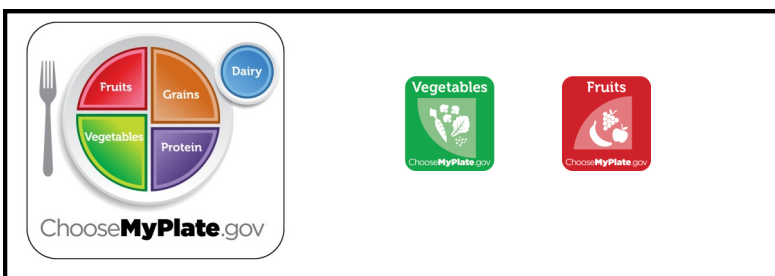
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