

Orange-Ginger Carrots

Ingredients:

- Vegetable cooking spray
- 4 large carrots, scrubbed and cut into julienne strips (or into “coins”)
- 1/3 cup fresh squeezed orange juice
- 2-3 tsp. fresh ginger, minced
- 1 Tbsp. grated fresh orange zest
(orange part of the peel, not the white part)



Servings: 6



Instructions:

1. Coat a large non-stick skillet with cooking spray.
2. Add orange juice. Over medium heat, cook carrots, covered, about 8-10 minutes or until crisp-tender.
3. Add ginger and orange zest.
4. Simmer over medium-low heat 2-3 minutes or until carrots are tender, stirring occasionally.

Nutrition Facts

6 servings per container
Serving size 1/2 cup (56g)

Amount per serving

Calories 25

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 30mg 1%

Total Carbohydrate 6g 2%

Dietary Fiber 1g 4%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 17mg 2%

Iron 0mg 0%

Potassium 164mg 4%

*The % Daily Value 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.