

# Honey Carrots

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1½ cups water  
1 package (16 ounces) frozen sliced carrots  
¼ teaspoon ground cinnamon  
Dash of ground cloves (optional)  
½ lemon  
1½ tablespoons honey  
1 teaspoon margarine

**Makes 6 portions, ½ cup each**

Per portion

Calories: 55  
Carbohydrate: 11 grams  
Protein: 1 gram  
Fat: 1 gram  
Saturated fat: 0  
Cholesterol: 0  
Sodium: 51 milligrams  
Dietary fiber: 2 grams

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1. Boil water in medium saucepan. Add carrots, cinnamon, and cloves to water; cook for about 8 minutes or until tender. Drain well.
  2. Juice lemon and grate peel.
  3. Add honey, margarine, lemon peel and lemon juice to carrots. Heat until carrots are warm.