



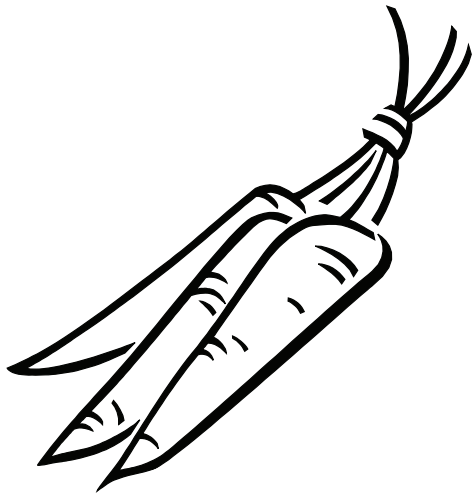
## Honey Glazed Carrots

Servings: 6

Rinse fresh vegetables under running water. Scrub firm-skin veggies with a vegetable brush while rinsing.

1 pound baby carrots, cooked until tender  
2 tablespoons margarine  
1 tablespoon brown sugar  
1 tablespoon honey  
2 tablespoons parsley, chopped

1. Wash hands and surfaces.
2. Melt margarine in a skillet or saucepan.
3. Add sugar, honey and carrots.  
Cook over low heat, turning carrots frequently until well glazed.  
Sprinkle with chopped parsley.
4. Refrigerate leftovers immediately.



## Nutrition Facts

6 servings per container

**Serving size** 1/2 cup (87g)

**Amount per serving**

**Calories** **80**

% Daily Value\*

**Total Fat** 4g 5%

Saturated Fat 0.5g 3%

Trans Fat 1g

**Cholesterol** 0mg 0%

**Sodium** 95mg 4%

**Total Carbohydrate** 11g 4%

Dietary Fiber 2g 7%

Total Sugars 9g

Includes 5g Added Sugars 10%

**Protein** 1g

Vitamin D 0mcg 0%

Calcium 28mg 2%

Iron 1mg 6%

Potassium 191mg 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.

## Helpful Tips

- Cut carrots in different shapes — coins or long strips.
- Use fresh, local veggies. Go online to find a farmers market at: [seasonalandsimple.info](http://seasonalandsimple.info) or other Missouri local foods at: [showmefood.org](http://showmefood.org)
- Babies under 1 year should not be given honey.
- Cut carrots in pieces ½ inch or smaller for children under 4 years to prevent choking.
- They learn from watching you — eat fruits and veggies and your kids will, too.

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local resource center or go online to [mydss.mo.gov/food-assistance](http://mydss.mo.gov/food-assistance)