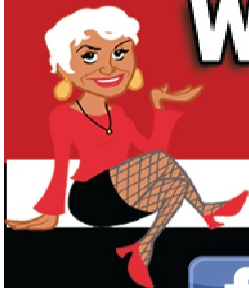


WEIGHT ★ NO ★ MORESM DIET CENTER



No one does what we do!



weightnomoredietcenter.com

WeightNoMoreDC



GLAZED JULIENNE CARROTS

Basic Lifestyle

Ingredients

- 2 TBS reduced-calorie margarine
- 1/4 cup brown Splenda (or 1/4 cup sugar-free maple syrup)
- 4 cups (2-inch) julienne-cut carrots
- 1/4 TSP Morton's Lite salt
- 1/4 TSP pepper
- 1/4 cup chopped fresh parsley

Instructions

1. Melt margarine in a large nonstick skillet over medium heat; add Splenda, stirring until melted.
2. Add carrots, salt, and pepper and cook 10 minutes, or until carrots are crisp-tender, stirring occasionally. Remove from heat. Stir in parsley.

Portion-Per-Serving Information (Serves 8):

Serving = 1/2 cup = 1 V