



SWEET AND SOUR BRAISED CARROTS

Basic Lifestyle

Ingredients

2 TBS olive oil
2 lbs. Carrots, sliced
1/8 TSP ground cinnamon
1/4 cup unsweetened grape juice
2 TBS red wine vinegar
1/2 cup water
1/4 TSP Morton's Lite salt
freshly ground pepper

Instructions

1. Heat olive oil in a medium-sized saucepan. Add the carrots and cinnamon and cook, stirring occasionally for 5 minutes.
2. Add the juice, vinegar, water, salt and pepper to the carrots and mix well. Bring to a boil, reduce heat, cover and cook until the carrots are tender, about 20 minutes.

Portion-Per-Serving Information (Yields approximately 8 servings):

1 serving = 1/2 cup = 1 V