



## MAPLE DILL CARROTS

Intermediate Lifestyle

### Ingredients

3 cups peeled and sliced carrots  
2 TBS butter  
2 TBS brown sugar (or Maple Syrup)  
1-1/2 TBS chopped fresh dill  
1/2 TSP salt (Morton's Lite)  
1/2 TSP black pepper

### Instructions

1. Place carrots in a skillet and pour in just enough water to cover. Bring to a boil over medium heat; simmer until water has evaporated and the carrots are tender.
2. Stir in butter, brown sugar or maple syrup, dill, salt, and pepper, and turn the heat up so the sauce will thicken and stick to the carrots.

Portion-Per-Serving Information (Yields 6 servings): 1/2 cup = 1 V