



CARROT COINS w/MAPLE-BALSAMIC BROWNED BUTTER
Intermediate Lifestyle

INGREDIENTS

3-1/4 cups (1/4 inch thick) sliced, peeled carrots (about 1 pound)
1 TBS low-fat butter
1 TBS sugar-free maple syrup
1 TSP balsamic vinegar
1/8 TSP Morton's Lite salt
1/8 TSP freshly ground black pepper
1 TSP chopped fresh parsley

INSTRUCTIONS

- Steam carrots, covered, 15 minutes or until tender.
- Melt butter in a medium nonstick skillet over medium heat. Cook butter 3 minutes or until lightly browned, stirring occasionally. Add syrup, vinegar, salt and black pepper. Stir until combined.
- Add carrots. Cook 1 minute or until thoroughly heated, stirring to coat. Stir in parsley.

SERVING INFO: (Yields 4 servings) 1/2 cup = 1 V