

Orange Carrots (makes 4 servings)

4 large Carrots, peeled and sliced thin
1/4 cup Orange juice

Combine carrots and orange juice in a microwavable baking dish with a lid. Stir. Microwave on high for 8-10 minutes, or until tender (not mushy). Serve.

Nutrition Per Serving:

40 calories; 1 gm protein; 9 gm carbohydrates; 0 fat; 0 saturated fat; 0 cholesterol; 2 gm fiber; 25 mg sodium