

Maple Pecan Carrots

Liz Weiss, MS, RD

Janice Newell Bissex, MS, RD

Makes 12 Servings

It's not too often the Mabee boys ask for second helpings of vegetables, unless of course buttered carrots are on the menu. But too much butter can pack on too much unhealthy saturated fat. So for our easy *recipe rescue*, we nixed most of the butter while adding some fun new flavors just in time for the holidays. Here's how we did it:

- Reduced the butter to a total of 1 tablespoon to lower the saturated fat.
- Stirred in maple syrup and nutrient-rich pecans for great flavor.

Two 16-ounce bags baby carrots
2 tablespoon butter
2/3 cup pecans, coarsely chopped
1/4 cup maple syrup
Pinch kosher salt

1. Steam the carrots until tender, about 12 minutes.
2. Melt the butter in a large nonstick skillet over medium heat. Add the pecans and toss until lightly toasted, 3 to 4 minutes.
3. Stir in the carrots and maple syrup until well coated, season with salt to taste, and serve.

Nutrition Information:

	Carrots with Butter	Moms' Maple Pecan Carrots
Calories	90	110
Total Fat (grams)	7	7
Saturated Fat (grams)	4.5	1.5
Sodium (milligrams)	220	90
Carbohydrate (grams)	6	12
Fiber (grams)	1	2
Protein (grams)	0	1
Vitamin A	210%	210%

Equipment:

Medium Saucepan
Vegetable Steamer
Large Nonstick Skillet
Cutting Board
Chef Knife

* Make sure you get Diamond Crystal Kosher Salt

