



## **Pineapple-Poached Carrots**

Makes 3 servings

2 cups carrots, cut julienne style (very small sticks)

$\frac{3}{4}$  cup pineapple juice

$\frac{3}{4}$  teaspoon cinnamon

$\frac{1}{8}$  teaspoon nutmeg, if desired

Fresh ground pepper to taste

- In a medium saucepan, combine all ingredients.
- Bring to a boil.
- Reduce heat, cover the pan.
- Simmer carrots for about 10 minutes until they are tender-crisp.

Recipe from Jane Brody's Good Food Book

### **NUTRITIONAL INFORMATION:**

Calories: 75.8

Total Fat: 0.3g

Saturated fat: 0.1g

Sodium: 61.4mg

Dietary Fiber: 4.2g

Protein: 1.1g