

## **Glazed Carrots**

4 cups carrots, peeled, sliced  
3 tbsp. lowfat margarine  
2 tbsp. water  
1/2 tsp. salt  
1/2 tsp. pepper

Preheat oven to 350°F. Place carrots in 1 quart casserole with cover. Add lowfat margarine, water, salt and pepper. Cover and bake, stirring occasionally, for about 1 hour or until tender. Makes 6 serving.

Nutrition information per serving: calories 72; protein 1 gram; fat 3 grams; sodium 311 mg