



## Cranberry-Glazed Carrots

### *Ingredients:*

8 cups thinly sliced carrots  
4 tablespoons bottled light raspberry or cranberry vinaigrette dressing  
1/2 cup canned whole cranberry sauce  
1/4 cup chopped toasted pecans

### *Instructions:*

Add carrots, light dressing and cranberry sauce to a medium-large nonstick saucepan and bring to a boil.

Reduce heat to medium-low and cover pan. Simmer 8-10 minutes or until carrots are tender, stirring occasionally.

Spoon into serving bowl and sprinkle pecans over the top.

*Nutritional Information:* (Makes 8-10 servings)

### Per serving:

89 calories  
3.7 grams fat (0.1 g saturated fat)  
1.5 grams protein  
16.5 grams carbohydrate  
3.5 grams fiber  
60 mg sodium