

Sweet Glazed Carrots

**Prep Time:**

10 min

Total Time:

20 min

Makes:

8

8 medium carrots, sliced diagonally

1/2 cup KRAFT CATALINA Dressing

2 Tbsp. brown sugar

2 Tbsp. Worcestershire sauce

2 Tbsp. chopped fresh parsley (optional)

COOK carrots in boiling water in medium saucepan until crisp-tender; drain. Return to saucepan.

ADD dressing, sugar and Worcestershire sauce; stir until evenly coated. Cook on low heat 5 min. or until sugar is completely melted and carrots are evenly coated glaze, stirring frequently.

STIR in parsley, if desired.

Nutritional Information

Calories 115

Cholesterol 0 mg

Dietary fibre 2 g

Calcium 3 %DV

Total fat 6 g

Sodium 294 mg

Protein 1.2 g

Iron 5 %DV

Saturated fat 0.4 g

Carbohydrate 15.1 g

Vitamin A 184 %DV

Iron 4 %DV

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