

Carrots with Lemon & Almonds



Makes 4 servings

Ingredients

- ½ tbsp of butter
- 4 large carrots - cut into thin, julienne sticks
- ¼ cup of water
- ½ tsp of lemon peel - grated
- 2 tbsp of lemon juice
- 2 tbsp of slivered almonds
- salt and pepper to taste

Directions

- ℘ Melt the butter in a medium saucepan over medium heat and stir
- ℘ Fry the carrots until they are coated and shining
- ℘ Add the water and salt, and cook, stirring, until the carrots are crisp-tender, about 5 minutes after the water boils, adding more if necessary
- ℘ Stir in the lemon peel and cook about 1 minute
- ℘ Transfer to a warm serving dish
- ℘ Stir in the lemon juice, almonds and white pepper to taste.

Nutrients (approximately)

59 Calories per serving,
Fat 3.3g, Saturated Fat 1.1g, Cholesterol 3.8mg, Sodium 52mg,
Carbohydrates 7.2g, Fiber 2.2g, Sugars 3.2g, Protein 1.3g

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