



Sautéed Carrots with Sage

Makes 2 servings

Ingredients

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| 1 teaspoon butter | 2 tablespoons water |
| 1 teaspoon olive oil | 1/8 teaspoon salt |
| 1 1/2 cups diagonally sliced carrots | 1/8 teaspoon freshly ground black pepper |

Instructions

1. Melt butter in a large, nonstick skillet over medium heat. Add oil to pan; swirl to coat.
2. Add carrots and 2 tablespoons water. Partially cover pan, and cook 10 minutes or until carrots are almost tender.
3. Add salt and pepper to pan; increase to medium-high heat.
4. Cook 4 minutes or until carrots are tender and lightly browned, stirring frequently. Sprinkle with sage.

Nutrition Facts

Serving Size: 1/2 cup; Calories 75; Total Fat 4.4g; Saturated Fat 1.5g; Monounsaturated Fat 2.2g; Cholesterol 5mg; Sodium 224mg; Total Carbohydrates 9g; Dietary Fiber 2.6g; Protein 0.9g; Calcium 35mg; Iron 0.3mg

Recipe adapted from www.myrecipes.com

