

Veggies



Crazy Crinkled Carrots

A tasty way to eat veggies!



Ingredients:

- 16 oz bag frozen crinkle cut carrots
- 1 stick of margarine
- 1 Tbsp brown sugar
- 1 oz orange juice
- 1 tsp cinnamon

Nutrition:

- Recipe makes 6 servings
- Each serving counts as 1 vegetable

Safety:

When using the microwave, remember to use oven mitts and a microwave safe container -- not metal or plastic.

Directions:

1. Pour carrots into microwave safe bowl.
2. Microwave on high 4 minutes or according to package instructions.
3. Cut off 1 Tbsp margarine and place in small microwave safe bowl.
4. Microwave margarine for 15 seconds.
5. Add 1 Tbsp brown sugar, 1 oz orange juice and cinnamon to melted margarine in mixing bowl.
6. Stir ingredients together.
7. Pour sauce over carrots.
8. Mix and enjoy!

Recipe approved by the Children's Nutrition Research Center at Baylor College of Medicine

from the kitchen of
Playnormous

