

## Playnormous Healthy Recipes

# Crazy Crinkled Carrots

### Ingredients:

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

### Directions:

1. Open the carrots and pour them into a microwave safe bowl.
2. Microwave the carrots on high for 4 minutes or according to package instructions.
3. Use oven mitts to remove the carrots from the microwave.
4. Cut 1 Tbsp margarine off of a stick with a knife, remove the wrapper, and place in small mixing bowl.
5. Microwave the margarine on high for 15 seconds.
6. Use oven mitts to remove the margarine from the microwave.
7. Measure 1 Tbsp. of brown sugar in a 1 Tablespoon measuring spoon and add to the mixing bowl.
8. Measure 1 ounce of orange juice in a 1 cup liquid measuring cup and add to the mixing bowl.
9. Measure 1 tsp. of cinnamon in the 1 teaspoon measuring spoon and add to the mixing bowl.
10. Stir the ingredients in the small mixing bowl with a mixing spoon.
11. Pour the sauce in the mixing bowl over the carrots.
12. Mix the carrots and sauce together with the mixing spoon.

### Nutrition:

- This 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.
- Keep your fingers curled under while using the knife to avoid cutting your fingers

### Substitutions:

- Try with any frozen carrots. They don't have to be crinkle cut.

Source: Children's Nutrition Research Center at Baylor College of Medicine

