

# Orange Glazed Carrots

## Ingredients

1. 1/2 cup carrots, sliced
2. 1-2/3 tsp Orange juice
3. 1/3 tsp Cornstarch
4. 1-1/3 tsp Light brown sugar
5. 1-7/8 tsp Water
6. 1/8 tsp Ground cinnamon
7. 1 tsp Margarine, melted



## Method

1. Place carrots into a pan
2. Mix water with cornstarch and set aside
3. For Glaze: Combine orange juice, margarine, brown sugar and cinnamon. Stir to blend.
4. Bring to boil. Pour in cornstarch mixture. Allow to thicken and remove from heat.
5. Pour an even amount of glaze over carrots in the pan.
8. Bake 375°F for 20-30 minutes
9. Allow to cool and enjoy!



Scan the QR Code and follow along with Chef Ken in a video tutorial!



chartwells  
**Discovery  
KITCHEN**

AT HOME

chartwells   
serving up happy & healthy