

Fruity Carrots

Serves 6

- 1 (15-ounce) can of sliced carrots, no salt added, drained
- 1 cup pineapple chunks with juice
- ½ cup of orange juice
- ½ tablespoon cornstarch
- ½ teaspoon salt
- ¼ teaspoon cinnamon

1. In a medium saucepan, blend cornstarch with orange juice and juice from pineapple chunks. Heat, stirring constantly until thickened.

2. Add pineapple chunks, carrots, salt and cinnamon and cook, covered, over low heat for 15 minutes.

Recipe from Mississippi State University Extension

Nutrition information: calories 77, total fat 0g, sodium 225mg, carbohydrates 18g, dietary fiber 2g, protein 1g

Healthy Tip

Carrots are full of Vitamin A which is great for eye health.

