



Uploaded to the VFC Website

►►► June 2014 ◄◄

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of
"Frequently Asked Questions, please go to:

[Veterans-For-Change](#)

Veterans-For-Change is a A 501(c)(3) Non-Profit Organizaton

Tax ID #27-3820181

CA Incorporation ID #3340400

CA Dept. of Charities ID #: CT-0190794

If Veterans don't help Veterans, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members & subscribers.



Cinnamon-Glazed Baby Carrots

4 Cups baby carrots, rinsed and split lengthwise if very thick (or frozen pre-sliced carrots)
2 Tbsp soft tub margarine
2 Tbsp brown sugar
1/2 Tsp ground cinnamon
1/8 Tsp salt

- 1) Place the carrots in a small saucepan. Add just enough water to barely cover the carrots. Cover. Bring to a boil. Reduce heat to medium. Cook for 7–8 minutes, just until the carrots are easily pierced with a sharp knife.
- 2) While the carrots are cooking, combine margarine, brown sugar, cinnamon, and salt in a small saucepan, and melt together over low heat (or put in a microwave-safe bowl and microwave for a few seconds on high power, until margarine is mostly melted). Stir well to combine ingredients.
- 3) Drain carrots, leaving them in the saucepan. Pour cinnamon mixture over carrots. Cook and stir over medium heat for 2–3 minutes, just until the carrots are thoroughly coated and the glaze thickens slightly.
- 4) Serve warm.

Makes 4 Servings