

**Boston Medical Center  
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263  
Food Demonstration Kitchen: (617) 414-3840 or [www.bmc.org](http://www.bmc.org)



**Sweet Ginger Carrots  
Serves 6-8**

**Ingredients:**

1 # baby carrots  
¾ cup 100% apple juice or apple cider  
1 Tablespoon butter  
1 Tablespoon honey  
1 teaspoon grated fresh ginger **or** ¼ teaspoon ground ginger  
¼ teaspoon cinnamon **or** allspice **or** nutmeg  
Pinch salt  
1 tablespoon chopped fresh dill (garnish)

**Directions:**

1. Place all ingredients, except dill, into a medium sauce pot. Cover. Bring to a boil then reduce heat and simmer 3 minutes. Remove lid and simmer until the liquid is reduced to a syrup, and carrots are soft, about 5-7 minutes. Sprinkle with dill and serve.

**Nutritional Information per ½ cup serving:**

Calories: 68	Carbohydrates: 11g
Total Fat: 3g	Cholesterol: 10mg
Saturated Fat: .5g	Dietary Fiber: 3g
Sodium: 50mg	Protein: 2g