

Tart Cherries with Carrots

Recipe adapted from www.choosecherries.com

INGREDIENTS:

- 1 pound carrots, peeled and sliced*
- ½ cup dried tart cherries
- 3 tablespoons honey (or agave nectar)
- 2 tablespoons butter substitute
- ½ teaspoon ground nutmeg
- ¼ teaspoon ground ginger

*1-lb. package of whole baby carrots can be substituted for the sliced carrots.

PREPARATION:

Cook carrots in water in a covered saucepan 8-10 minutes, or until tender. Drain well. Add dried cherries, honey, butter substitute, nutmeg and ginger to cooked carrots in a 2-quart saucepan. Cook over medium heat. Stir occasionally until mixture is hot and bubbly. Wait 5-10 minutes before serving.

NOTES FROM THE COOK: