

**GLAZED JULIENNE CARROTS**

**Ingredients**

2 TBS reduced-calorie margarine  
1/4 cup brown Splenda (or 1/4 cup sugar-free maple syrup)  
4 cups (2-inch) julienne-cut carrots  
1/4 TSP Morton's Lite salt  
1/4 TSP pepper  
1/4 cup chopped fresh parsley

**Instructions**

1. Melt margarine in a large nonstick skillet over medium heat; add Splenda, stirring until melted.
2. Add carrots, salt, and pepper and cook 10 minutes, or until carrots are crisp-tender, stirring occasionally. Remove from heat. Stir in parsley.

**Portion-Per-Serving Information (Serves 8):**

Serving = 1/2 cup = 1 V