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CARROT COINS WITH MAPLE-BALSAMIC BROWNE D BUTTER

Basic Lifestyle

Ingredients

3-1/4 cups (1/4 inch thick) sliced, peeled carrots (about 1 pound)
1 TBS low-fat butter
1 TBS sugar-free maple syrup
1 TSP balsamic vinegar
1/8 TSP Morton's Lite salt
1/8 TSP freshly ground black pepper
1 TSP chopped fresh parsley

Instructions

1. Steam carrots, covered, 15 minutes or until tender.
2. Melt butter in a medium nonstick skillet over medium heat. Cook butter 3 minutes or until lightly browned, stirring occasionally. Add syrup, vinegar, salt and black pepper. Stir until combined.
3. Add carrots. Cook 1 minute or until thoroughly heated, stirring to coat. Stir in parsley.

Portion-Per-Serving Information: (Yields 4 servings)

Serving = 2/3 cup = 1 V