

**Apple-Glazed Carrots With Bacon**  
**SOURCE: Cooking Light, NOVEMBER 1997**

**INGREDIENTS:**

2 bacon slices  
1 C chopped onion  
2 (16-oz) packages baby carrots  
1 1/2 C apple cider  
1/4 C packed brown sugar  
1/4 tsp ground red pepper  
2 TBS chopped chives

**DIRECTIONS:**

Cook bacon slices in small skillet over medium heat till crisp. Remove bacon from skillet - crumble. Add onion to bacon drippings in skillet - sauté 3 minutes. Add carrots, cider, sugar + pepper - bring to boil. Cook mixture 10 minutes over medium heat or till carrots are tender - do not drain - place carrot mixture in large serving bowl. Sprinkle with reserved bacon + chives.

Yield: 8 servings (serving size: 3/4 C)

**NUTRITION PER SERVING: CALORIES 115 (9% from fat); FAT 1.2g (sat 0.4g, mono 0.4g, poly 0.2g);  
PROTEIN 2.1g; CARB 26g; FIBER 4.2g; CHOL 2mg; IRON 0.9mg; SODIUM 86mg; CALC 45mg**