

DILLED CARROTS

SOURCE: Weight Watchers New Complete Cookbook

INGREDIENTS:

4 carrots, cut into 1/4" pieces
2 bay leaves
1 cinnamon stick
1/2 tsp salt
1/4 C fresh lemon juice
2 TBS chopped fresh dill
4 tsp olive oil
1 tsp sugar
1/8 tsp cayenne pepper

DIRECTIONS:

In large skillet, combine carrots, bay leaves, cinnamon stick & salt - add water to cover & bring to boil. Reduce heat & simmer till tender (about 10 minutes). Drain well - discard bay leaves & cinnamons stick

In medium bowl, whisk lemon juice, dill, oil, sugar & cayenne - add carrots - toss to coat. Refrigerate, covered till flavors are blended (about 1 hour). Serve at room temperature.

Makes 4 servings

(per serving: 98 calories; 5g total fat; 1g saturated fat; 0mg cholesterol; 313mg sodium, 14g total carbohydrates; 4g dietary fiber; 1g protein, 47mg calcium - WW points per serving: 2)