

# Recipe for

## GINGER MAPLE GLAZED CARROTS

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EQUIPMENT NEEDED Knife, cutting board, mixing bowl, steamer, cooking pot with lid

SERVES 3 ESTIMATED COST \$5.00-\$7.00 COST PER SERVING \$1.60-\$2.30

### INGREDIENTS

- 1 cup water
- 3 cups carrots, chopped into ¼-inch rounds
- Dash of salt
- 2 tbsp maple syrup
- ½ tsp ginger, ground

### METHOD OF PREPARATION

1. Place a steamer tool in a cooking pot over medium heat. Add the water to the bottom of the pot, making sure not to go above the level of the steamer. Add the carrots and a dash of salt.
2. Bring to a boil, reduce heat to low, and let simmer for 10 minutes, or until the carrots are tender.
3. Transfer to a mixing bowl and add the maple syrup and ginger.
4. Serve as a side. Enjoy!

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### NUTRITION INFORMATION

#### Nutrition Facts

Serving size: 1 cup

Servings: 3

Amount per serving

**Calories** **80**

% Daily Value\*

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 77mg 3%

Total Carbohydrate 19.8g 7%

Dietary Fiber 2.7g 10%

Total Sugars 13.3g

Protein 0.9g

Vitamin D 0mcg 0%

Calcium 45mg 3%

Iron 0mg 3%

Potassium 379mg 8%

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

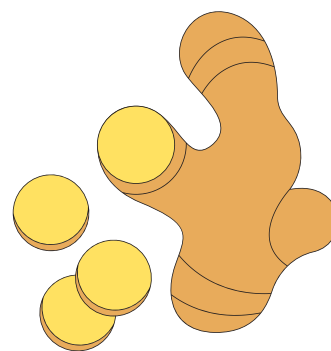
### HEALTH BENEFITS

**Maple syrup:** Is a great source of manganese and zinc. Zinc is an important mineral that supports the immune system and is needed to make DNA. Also, maple syrup contains quebecol, which has been shown to have antioxidant properties and reduce the risk of certain cancers. Try maple syrup in oatmeal, as an alternative to sugar in baking, or added to coffee.



### HEALTH BENEFITS

**Ginger:** Is packed with antioxidants and medicinal properties. One antioxidant is gingerol, which has been shown to have pain relieving effects and reduces inflammation in the body. Also, research has shown that ginger can lower blood sugar levels, making it great for those with type 2 diabetes. Try ginger in a soup, tea, or cabbage slaw.



#### References:

1. Recipe provided by Kristin Schaefer