

Candied Brussels Sprouts and Carrots



Ingredients:

- 16 Brussels sprouts, trimmed and cut in half
- 24 baby carrots
- 2 Tbsp butter
- 2 Tbsp brown sugar

Directions:

1. Add 1 cup water, Brussels sprouts and carrots to a saucepan. Bring to a boil. Turn heat down, cover and simmer 10 minutes. Drain off water.
2. Return the pan of vegetables to the stove and add butter and brown sugar to the pan on low heat. Stir to coat the vegetables and melt the butter and brown sugar.
3. Serve.

Serves 4

*Nutrition Facts per serving:
120 calories; 6g fat; 17g carbohydrates; 3g protein;
10g sugars; 15mg cholesterol; 100mg sodium.*

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