

Featured RECIPE



Pecan Carrots with Marmalade

High in healthy monounsaturated fat and flavor

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| 2 tbsp walnut oil | 3 tbsp orange marmalade |
| 3 tbsp pecans, sliced lengthwise | ¼ tsp each salt and pepper |
| 3 cups carrots, sliced into ½-inch discs | ⅛ tsp nutmeg |

- 1] Heat oil in a large nonstick skillet over medium heat; add pecans and stir 2 minutes.
- 2] Add carrots and cook 14-15 minutes, or until carrots are fork-tender, stirring occasionally.
- 3] Stir in marmalade and seasonings; cook another 2 minutes and serve warm.



MAKES 4 (12-ounce) SERVINGS. Per serving:

148 calories • 1.2g protein • 7.4g fat • 1g saturated fat • no cholesterol • 16.5g carbs • 10.5g sugar • 3g fiber • 197mg sodium