

Carrots Almondine

5 carrots
1/4 cup golden raisins
1/4 cup Nucoa
3 tbsp honey
1 tbsp lemon juice
1/4 tsp ground ginger

Cook carrots covered in boiling water for 8 minutes; drain.

Put carrots in a 1 qt. baking dish and stir in raisins, margarine, honey, lemon juice, and ginger.

Bake uncovered at 375° for 35 minutes, stirring occasionally.

Makes 4 servings.

Per serving: 43 mg phe, 1.5 g protein
Adapted from L.L. Bean Holiday '97.



Cristine M. Trahms Program for Phenylketonuria
University of Washington - CHDD - Box 357920, Seattle, WA 98195

(206) 598-1800, Toll Free in Washington State 877-685-3015
<http://depts.washington.edu/pku>