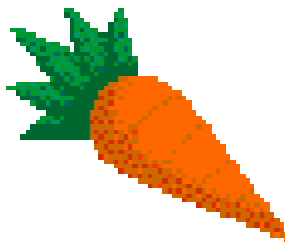


## Caribbean Carrots

2 cups sliced carrots  
1 cup peeled, cubed sweet potatoes  
1 cup peeled, cubed apples  
1 20 oz can unsweetened pineapple chunks, undrained  
1/4 cup water  
2 tbsp brown sugar  
1 tbsp corn starch  
2 tsp low sodium soy sauce  
1 tsp vinegar  
1/2 tsp grated orange rind  
1/8 tsp salt  
1/4 cup golden raisins



Place carrots in a vegetable steamer; cover and steam over boiling water for 2 minutes. Add sweet potatoes; cover and steam an additional 8 minutes until crisp and tender. Set aside.

Drain pineapple, reserving 1/2 cup juice. Discard remaining juice. Combine reserved pineapple juice, water, and next 6 ingredients in a saucepan. Place over medium heat, and bring to a boil, stirring constantly. Add pineapple, apples, and raisins; cook 1 minute.

Combine vegetables and pineapple mixture in a large bowl; stir gently. Makes 10, 1/2 cup servings.

Per recipe: 425 mg phe, 8 g protein  
Per serving: 42 mg phe, 0.8 g protein

*Adapted from May/June 1992 issue of Cooking Light*