



## Glaze-of-Glory Candied Carrots



1/7th of recipe (about 1 cup): 102 calories, 1.5g total fat (0.5g sat. fat), 286mg sodium, 22g carbs, 3g fiber, 13g sugars, 1.5g protein

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**Prep:** 15 minutes    **Cook:** 3 to 4 hours *or* 7 to 8 hours plus 15 minutes



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### Ingredients

1/4 cup low-sugar apricot preserves  
2 tbsp. brown sugar (not packed)  
1 1/2 tbsp. light whipped butter or light buttery spread  
1 tsp. cinnamon  
1/2 tsp. salt, or more to taste  
1/4 tsp. ground nutmeg  
One 32-oz. bag (about 6 cups) baby carrots  
1 onion, sliced  
1 yellow bell pepper, stem removed, seeded, and sliced  
1 red bell pepper, stem removed, seeded, and sliced  
1 tbsp. cornstarch  
Optional seasonings: black pepper, cayenne pepper, ground ginger

### Directions

To make the glaze, in a small bowl, combine preserves, brown sugar, butter, cinnamon, salt, and nutmeg. Stir well.

Put all of the veggies in a slow cooker and top with the glaze.

Use a large spoon to stir the contents of the slow cooker up a bit. (Don't worry if the preserves mixture isn't evenly distributed.)

Cover and cook on high for 3 to 4 hours or on low for 7 to 8 hours.

Once the veggies are cooked, in another small bowl, combine cornstarch with 2 tbsp. cold water, and stir until the cornstarch has dissolved. Add to the slow cooker and mix well.

Turn off the pot and leave uncovered until sauce has thickened, about 15 minutes. Stir and enjoy!

**MAKES 7 SERVINGS**

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