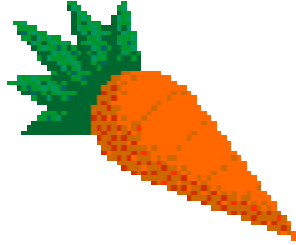


## Carrots Almondine

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.*

