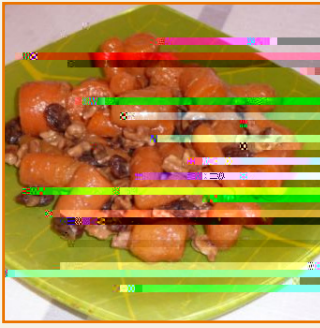


**Keep an eye out for  
our mobile Produce  
of the Month cart  
around campus!**



## Autumn Sweet Carrots with Walnuts

Recipe from SparkPeople.com

### INGREDIENTS:

- 1.5c carrots, chopped
- 1/4c walnuts, chopped
- 1/8c raisins
- 1/4c syrup (low or sugar free)
- 1 tsp cinnamon
- 1/2tsp nutmeg

### DIRECTIONS:

1. Boil carrots until tender.
2. Add remaining ingredients
3. Stir over low heat until syrup thickens slightly & carrots are coated.
4. SERVE & ENJOY

### Nutrition Facts Autumn Sweet Carrots with Walnuts

Yield: 4 servings, Serving Size: 1/2 cup

Servings per recipe: 2, Calories 168.4, Total Fat: 10.1g, Cholesterol: 0.0mg, Sodium: 67.8mg, Total Carbohydrates: 19.4g, Dietary Fiber: 4.1g, Protein: 3.5g

The Produce of the Month program is presented  
by Wellness Education & Dining Services

