

ORANGE-GLAZED CARROTS AND ONIONS

- 1 1/2 cups thinly sliced onion
- 1 cup fat-free, less-sodium chicken broth
- 3 tablespoons low-sodium soy sauce
- 1 pound baby carrots
- 1 garlic clove, minced
- 2 tablespoons GOOD EATS orange marmalade
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Combine the first 5 ingredients in a medium saucepan; bring to a simmer over medium heat. Cover and simmer 10 minutes or until onion is tender. Stir in marmalade, salt, and pepper. Cook, uncovered, 30 minutes or until liquid is reduced to 1/4 cup (about 30 minutes), stirring frequently.