



A Nutrition Resource

SAVORY CARROTS AND SQUASH

Yield: 4 Servings | Serving Size: 3/4 cup

Cost/serving: \$0.75

Ingredients:

- 2 cups carrots, cut into 2-inch sticks
- 1 1/2 cups butternut or acorn squash, cut into 2-inch sticks
- 1 teaspoon vinegar
- 2 Tablespoons vegetable broth
- 1 teaspoon sugar
- 1 1/2 teaspoons Dijon or spicy mustard

Directions:

- 1) Wash, peel, and cut carrots and squash into 2-inch sticks.
- 2) Combine carrots and broth in saucepan. Cover and cook over medium heat about 5 minutes.
- 3) Add squash and cook 5 more minutes or until vegetables are just tender. Add more broth if necessary to keep from burning vegetables.
- 4) Stir vinegar, brown sugar, and mustard into vegetables.
- 5) Cook for a few minutes over medium heat until most of the liquid cooks off.



Nutrition Facts

4 servings per container

Serving size 3/4 cup (152g)

Amount per serving

Calories 60

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 110mg 5%

Total Carbohydrate 14g 5%

Dietary Fiber 4g 14%

Total Sugars 6g

Includes 1g Added Sugars 2%

Protein 1g

Vitamin D 0mcg 0%

Calcium 38mg 2%

Iron 1mg 6%

Potassium 392mg 8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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