



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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This Institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This work is supported by the Expanded Food and Nutrition Education Program (EFNEP) from the USDA National Institute of Food and Agriculture. USDA is an equal opportunity provider, employer, and lender. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



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