

Sweet and Tangy Carrots and Squash

Vinegar, brown sugar, and spicy mustard combine to give this dish a sweet and tangy taste.

Makes: 4 servings

Ingredients

- 4 carrots, cut into 2-inch sticks
- 2 cup low-sodium vegetable or chicken broth
- 1 ½ cups winter squash, chopped (butternut, acorn, or delicata)
- 1 teaspoon vinegar
- 1 teaspoon brown sugar
- 1 ½ teaspoons Dijon or spicy mustard



Directions

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

Note: Try this recipe without brown sugar.

Recipe from: Connecticut Food Policy Council, adapted by the USDA Food and Nutrition Administration.

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