## 3 Quick & Easy Veggies: Squash, Carrots, Mushrooms

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<th>Recipe</th>
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<th>Cooking Time:</th>
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<td>Buttery Squash</td>
<td>4</td>
<td>6 – 8 minutes</td>
<td>1 medium-sized acorn squash (600 g/1 ½ lb.)</td>
<td>Cut squash in half (through the middle/horizontally, not through the stem/end). Scoop out and discard seeds. Lay squash piece, cut side down, on a microwave-safe plate or dish; add about ½ cup (125 mL) water and place in microwave. Cook on HIGH for 5 minutes. Turn over the squash, and place butter or margarine into the hollowed-out part; continue cooking for another 1 -3 minutes (depends on the microwave) until the squash is completely soft - you should be able to easily insert a knife. Cut into 4 equal pieces and serve with salt and pepper if desired.</td>
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<tr>
<td>Dilly Carrots</td>
<td>2</td>
<td>6 -7 minutes</td>
<td>½ package (1 lb /454 g) mini carrots</td>
<td>Place carrots in a medium-sized saucepan; add cold water until carrots are 'just' covered. Over medium-high heat, bring the water to a boil (should take about 4 -5 minutes); then reduce heat and continue to cook until carrots are soft but not mushy (another 2 minutes). Drain off water, and top carrots with butter/margarine and dill; stir and serve immediately.</td>
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<tr>
<td>Easy Garlicy Mushrooms</td>
<td>2</td>
<td>6 -7 minutes</td>
<td>1 (8 oz. /227g) package fresh mushrooms</td>
<td>Rinse mushrooms with water and pat dry. Remove any brown spots, and slice (or chop) into desired size. Place mushrooms in a skillet and cook over medium-high heat, stirring occasionally until all the natural juices have been released and evaporated (about 6 – 7 minutes). Stir in butter or margarine and garlic powder; serve immediately.</td>
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Vegetables are an important part of a healthy diet: try to fill about half your plate with vegetables and/or fruits.

For a complete meal, serve with a grain such as rice or noodles and a protein source.

- Budget-Friendly
- Quick & Easy
- Vegetarian
- Source of fibre
- Source of potassium, folic acid, many other key vitamins & minerals
- Rich in antioxidants

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