

3 QUICK & EASY VEGGIES: SQUASH, CARROTS, MUSHROOMS

Buttery Squash in the Microwave

Serves 4 Cooking Time: 6 – 8 minutes

Ingredients

1 medium-sized acorn squash (600 g/ 1-¼ lb.)
15 mL (1 Tablespoon) butter or margarine
Salt and pepper (as desired)

Directions

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.

Dilly Carrots

Serves 2 Cooking Time: 6 -7 minutes

Ingredients

½ package (1lb /454 g) mini carrots
5 mL (1 teaspoon) butter or margarine
1 mL (¼ teaspoon) dill weed, dry

Directions

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.

Easy Garlicy Mushrooms

Serves 2

Prep Time: 5 minutes

Cooking Time: 6 - 7 minutes

Ingredients

1 (8 oz. /227g) package fresh mushrooms
5 mL (1 teaspoon) butter or margarine
1 mL (¼ teaspoon) garlic powder

Directions

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.



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 & mineral
- ✓ Rich in antioxidants



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