

# Carrots and Onions

Makes 6 servings

## Ingredients

- ½ medium size onion, chopped
- 1 Tablespoon canola oil
- 3 cups coarsely shredded or thinly sliced carrots
- ½ teaspoon salt
- Black pepper to taste



## Directions

1. Cook onions in oil for 1 minute in medium saucepan or electric skillet over low heat.
2. Add carrots.
3. Season with salt and pepper.
4. Cover tightly and steam until tender, about 5 to 8 minutes.

## Nutrition Facts

Serving Size ½ cup (77.33g)  
Servings Per Container 6

Amount Per Serving	
<b>Calories</b> 50	Calories from Fat 20
<b>% Daily Value*</b>	
<b>Total Fat</b> 2.5g	<b>4%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 7g	<b>2%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 3g	
<b>Protein</b> 1g	<b>2%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

## Variations

*Vegetable Mix* - Add Vegetable Mix to above recipe.

*Cabbage* - Substitute shredded cabbage for carrots or a combination of carrots and cabbage.

*Summer Squash* - Add chunks of zucchini or other summer squash.

*Zucchini and Tomatoes* - Slice 3 zucchini lengthwise. Cook in a pan with 1 Tablespoon oil and ¼ teaspoon black pepper until zucchini are browned. Add 2 diced tomatoes (or a 15-ounce can diced tomatoes, drained) and ¼ teaspoon garlic powder. Cook 10 minutes.