

## FRUIT & VEGETABLE MEDLEY

From the King County (Washington) Public Health Department

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/SideDishes/FruitVegetableMedley.aspx>

### **Ingredients**

- Nonfat cooking spray
- 2-1/4 cups medium carrots, peeled and thinly sliced
- 2-1/4 cups parsnips, peeled and thinly sliced
- 2 medium ripe pears, peeled and chopped
- 3/4 cups orange juice
- 1/3 cup dried chopped dates
- 1 Tsp grated fresh ginger
- 2 tablespoons brown sugar
- 1 tablespoon butter

### **Instructions**

1. Spray a large skillet with cooking spray. Add carrots, parsnips, pears, orange juice, dates, and ginger. Stir to combine. Bring to boiling then reduce heat to simmer, uncovered, for about 7 minutes or until vegetables are crisp-tender.
2. Add sugar and butter and stir to coat vegetable mixture. Cook for an additional 2-3 minutes then serve as a side dish.

Makes 6 servings. Serving size: 1/6 of recipe (199 g)

### **Nutritional information per serving (6 servings)**

Calories: 165

Calories from fat: 22

Total fat: 2g

Saturated fat: 1g

Cholesterol: 5 mg

Sodium: 43mg

Total carbohydrate: 37g

Dietary fiber: 6g

Sugars: 4g

Protein: 2g

Vitamin A: 260%

Vitamin C: 50%

Calcium: 4%

Iron: 4%

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



**Wellness Center**