



Carrots and Chayote with Lemon

Ingredients:

- 3 large carrots
- 2 Tablespoons green onion, thinly sliced
- 1 chayote
- 2 teaspoons lemon juice
- 1/4 cup water
- 1/2 teaspoon salt
- 1 1/2 teaspoons olive oil
- teaspoon crushed red pepper flakes (optional)
- 1 garlic clove



Directions:

1. Wash hands with warm water and soap. Wash vegetables with water before preparing.
2. Peel and cut carrots and chayote into 2-inch long strips.
3. In a large skillet, over high heat: add carrots, chayote and water. Once it comes to a boil, cover and reduce heat to a simmer; continue to cook for about 8 minutes, until vegetables are almost tender. Uncover, raise heat to a medium-high and let water evaporate.
4. Add oil and garlic.
5. Let cook for 5 minutes, while stirring frequently, or until vegetables are lightly browned.
6. Stir in green onion, lemon juice, salt and pepper flakes. Continue to cook for 3 minutes, until vegetables are tender. Serve warm

Nutrition Facts (Per Serving)

Calories, 50; Carbohydrate, 9 g; Protein, 1 g; Total Fat, 2 g; Saturated Fat, 0 g; Trans Fat, 0 g; Cholesterol, 0 mg; Fiber, 4 g; Total Sugars, 4 g; Sodium, 340 mg; Calcium, 33 gm; Folate, 61 mcg; Iron, 0.5 mg; Calories from Fat, 36%.

Makes 4 servings, approximately 3/4 cup each.



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The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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