

## Herbed Vegetables

Makes 8 servings

Serving Size: ½ cup

### Ingredients

- Non-stick cooking spray
  - 4 large squash, sliced
  - 4 large carrots , sliced
    - ¼ cup water
  - ½ tablespoon nutmeg
- ½ tablespoon rosemary
  - ½ tablespoon sage

### Directions

1. Spray skillet with non-stick cooking spray.
2. Add squash, carrots, and water.
3. While vegetables are cooking, add the rest of the ingredients.
4. Cook until vegetables are fork tender.