

Nutrition Education

Sweet Potatoes & Carrots with Orange Sauce

2 cups sweet potatoes (approx 1 large),
thinly sliced

1 cup carrots, sliced

½ cup orange juice

1 tsp. orange peel, grated

1 tsp. lemon juice

1 tsp. cornstarch

1 Tbsp. Water

1. Boil or steam sweet potatoes and carrots until tender throughout.
2. Heat orange juice to boiling in saucepan. Add the orange peel and lemon juice
3. Dissolve the cornstarch in the water and add to orange mixture. Continue to heat, stirring until thickened.
4. Remove vegetables from pan and place in serving dish. Drizzle orange sauce over it.

