

A Taste of Sugar



A collection of recipes from the Canadian Sugar Institute

Sugar helps to mellow any bitter or acidic flavours of vegetables and can enhance the colourful appearance of many vegetable dishes. Enjoy your vegetables every day - a treat for the eyes and taste buds!

SIMPLY SWEET BUTTERNUT SQUASH

Adding brown sugar to this recipe enhances the natural sweet flavour of the squash.

1	butternut squash (2lbs.)*	1
1 tbsp	butter	15 mL
1 tbsp	brown sugar	15 mL
½ tsp	cinnamon	2 mL
¼ tsp	salt (optional)	1 mL

Nutrition Facts (per serving):

Calories: 150
Carbohydrate: 29 g
Fat: 3 g
Protein: 2.5 g



Preheat oven to 425°F (220°C). Spray a baking dish with non-stick cooking spray. Halve the squash lengthwise. Scoop out seeds; discard. Set squash halves, scooped sides down, on prepared sheet. Bake until golden, 20 to 25 minutes (or microwave for 6 to 8 minutes cut-side down in ½ inch of water). Turn squash; prick insides with a fork. Spread butter and sprinkle brown sugar and cinnamon among halves and season with coarse salt. Continue to bake until flesh is easily pierced with the tip of a paring knife, about 20 to 25 minutes. Serve directly after baking. Makes 4 servings.

*Can substitute acorn or buttercup squash.

Vegetables: do you get enough?

Canada's Food Guide recommends eating at least one dark green and one orange vegetable each day. Colourful vegetables are packed with vitamins, minerals, fibre, and other plant nutrients that keep us healthy.

Liven up your veggie side dish with a touch of sugar and enjoy the taste and the health benefits. If you're not a fan of chopping or peeling fresh vegetables, there are many pre-cut, frozen, and canned vegetables conveniently available at the grocery store. For more information and helpful tips, visit the *My Fruit & Veggies* campaign website at: www.5to10aday.com

ORANGE-GLAZED PEPPERS & ZUCCHINI

Adding sugar to cornstarch helps it dissolve in the orange juice, to create an appetizing glaze, which makes the vegetables glisten!

2	medium red, orange or yellow peppers, cut into strips	2
1	zucchini, sliced (about 1-1½ cups)*	1
½ cup	orange juice	75 mL
1 tsp	sugar	5 mL
1 tsp	cornstarch	5 mL
¼ tsp	salt	1 mL
¼ tsp	ground ginger	1 mL

Steam peppers and zucchini in microwave or stove top just until tender, about 5 minutes. In a small bowl, dissolve sugar and cornstarch in orange juice; add salt and ginger. In a saucepan, cook, stirring constantly, until the mixture thickens and bubbles. Boil for 1 minute. Pour over the peppers and zucchini, tossing to coat evenly. Makes 4 servings.

*Recipe can also be made with other green vegetables such as snow peas, green beans and broccoli.



Nutrition Facts (per serving):

Calories: 45
Carbohydrate: 9 g
Fat: 0.5 g
Protein: 1 g



Nutrition Information Service

The Canadian Sugar Institute (CSI) *Nutrition Information Service* provides science-based information and resources on carbohydrates, sugars, and health to health professionals, educators and consumers.

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