

Fresh Orange Carrots and Broccoli

- 2 cups broccoli flowerets
- 1-1/2 cups carrots, bias-sliced
- 1/2 cup low sodium chicken broth
- 1/2 cup fresh orange juice
- 2 teaspoons cornstarch
- 1 green onion, sliced
- 1/2 teaspoon dried basil, crushed
- 1/2 teaspoon sugar
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 orange, peeled and chopped



1. Place broccoli and carrots in a steamer basket in a saucepan filled with 1-inch of water. Bring water to a boil; cover and steam 6 to 10 minutes, or until vegetables are tender. Remove steamer basket from pan, discard liquid. Keep vegetables warm.
2. In the same saucepan stir together broth and juice. Add cornstarch and stir until dissolved. Stir in onion, basil, sugar, salt and pepper.
3. Bring mixture to a boil, reduce heat and simmer until sauce thickens and bubbles. Cook 1 minute more.
4. Stir in chopped orange; add vegetables back to pan. Toss gently to coat with sauce. Serve immediately.

Serves 5.

Nutrition Facts		
Servings per recipe: 5		
Amount Per Serving		
Calories 58	Calories from fat 0	
	% Daily Value	
Total Fat trace		0%
Saturated Fat	trace	0%
Cholesterol 0mg		0%
Sodium 179mg		7%
Carbohydrate 13g		4%
Dietary Fiber	3g	11%
Protein 3g		6%
Vitamin A: 237%	Vitamin C: 100%	Folacin: 13%
Calcium: 5%	Iron: 4%	Potassium: 10%

Modified from original source: PBH/Sunkist Growers, Inc. via about produce.com
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