

## Caramelized Carrots and Orange Squash

Created by Pnina Mohr RDN for the American Institute Cancer Research 2011  
Published by [www.aicr.org/can-prevent/healthy-recipes](http://www.aicr.org/can-prevent/healthy-recipes)

1/2 cup raisins  
2/3 cup apple juice  
2 lbs. carrots, peeled and sliced diagonally, 1/4-inch pieces  
1 small butternut squash, peeled, and cubed, 1/2-inch cubes  
1 small acorn squash (about 1 lb), seeds removed, peeled, cubed, 1/2-inch cubes  
3 Tbsp. light olive oil  
2 1/2 Tbsp. date syrup/honey (or dark honey)  
1/2 tsp. ground cinnamon  
Sea salt and coarsely ground black pepper, to taste  
1/2 cup apricot halves cut into small pieces

Preheat oven to 400 degrees F.

Soak raisins in apple juice.

Line large baking sheet with two sheets of parchment paper.

In large bowl, mix vegetables, oil, syrup, cinnamon and add salt and pepper to taste.  
Spread mixture on baking pan.

Bake until carrots (the longest to bake) are just soft then add raisins and apricots. Bake about 10 minutes longer, until carrots are soft enough for fork to prick through. Serve immediately or, if refrigerating for several hours or more, pour 1/3 cup apple juice over vegetables to keep moist before reheating.

Makes 10 servings.

Per serving: 188 calories, 4 g total fat (<1g saturated fat), 39 g carbohydrate, 3 g protein,  
6 g dietary fiber, 70 mg sodium.