

## Herbed Vegetables

Serves: 8

### Ingredients:

- 4 large squash
- 4 large carrots
- 1/4 cup water
- 1/2 tbsp. nutmeg
- 1/2 tbsp. rosemary
- 1/2 tbsp. sage

### Instructions:

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