

Italian Herb Vegetables

Ingredients:

- 15 ounces mixed vegetables, canned
- 1 1/2 teaspoons margarine
- 1 small onion
- 1 clove garlic
- 1/2 teaspoon Italian seasoning, basil or rosemary (crushed)

Equipment:

- Cutting board
- Knife
- Non stick skillet
- Spatula
- Measuring cups
- Measuring spoons

Number of Servings: 4
 Prep Time: 10 minutes
 Total time: 10 minutes

Directions

1. Drain vegetables, saving 2 tablespoons liquid. Pour vegetables in colander and rinse under cool water to remove sodium. Allow to drain.
2. Meanwhile, cut the ends off of the onion, and peel off the brown layers. Run under water to remove any dirt. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice across the onion, from one side to the other, then lay the slices on their side, and slice from the widest side to the smallest, across the onion. Chop up any large pieces.
3. Place garlic clove on a cutting board, and lay flat part of knife on top. Use heel of hand and slap knife to break the tough skin of clove. Peel off skin, and chop garlic into small pieces.
4. Heat skillet on medium, add margarine and allow to melt.
5. Add onions, garlic and seasonings, and cook until tender, stirring often.
6. Stir in the vegetables and liquid. Cook and stir until heated through.

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Nutrition Facts	
Serving Size: 1/2 cup	
Servings: 4	
Amount Per Serving	
Calories 63	Calories from Fat 18
%Daily Value*	
Total Fat 2g	3%
Saturated Fat trace 1g	2%
Cholesterol 0mg	0%
Sodium 256mg	11%
Total Carbohydrate 9g	3%
Dietary Fiber 4g	17%
Protein 2g	3%
Vitamin A 109%	Vitamin C 10%
Iron 4%	Calcium 3%

*Percent Daily Values are based on a 2,000 calorie diet.

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