Vegetable Medley

Ingredients:
- Non stick cooking spray
- 3 carrots
- 2 zucchini
- 4 yellow squash
- 1 red pepper
- 1/2 teaspoon garlic powder
- 1 teaspoon Worcestershire sauce
- 1 teaspoon soy sauce
- 2 teaspoons parsley, fresh

Equipment:
- Cutting board
- Knife
- Measuring spoons
- Non stick skillet

Number of Servings: 5
Prep Time: 20 minutes
Total time: 20 minutes

Directions

1. Spray non stick skillet with cooking spray and heat on medium.
2. Wash carrots and place them on a cutting board. Cut off both ends. Starting at the small end, slice into thin slices. Add to skillet.
3. Wash zucchini and squash, and cut in half lengthwise. Lay flat on cutting board and cut into thin slices. Add to skillet.
4. Wash a red pepper and, hold it by the top with the bottom sitting on a cutting board. Slice down one side, cutting between the spines where the white membranes are. Turn the pepper to the next side, and slice off the next side between the spines. Keep turning until you have a skeleton. This piece can be thrown away. Take the sides you have created and slice them apart, then dice the slices.