

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.
5. Cook until tender crisp. Add Worcestershire sauce, soy sauce and parsley. Heat thoroughly and serve.

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Nutrition Facts

Serving Size: 1/2 cup	
Servings: 5	
Amount Per Serving	
Calories 58	Calories from Fat 0
%Daily Value*	
Total Fat trace 1g	2%
Saturated Fat trace 1g	1%
Cholesterol 0mg	0%
Sodium 99mg	4%
Total Carbohydrate 13g	4%
Dietary Fiber 5g	19%
Protein 3g	5%
Vitamin A 283%	Vitamin C 113%
Iron 7%	Calcium 5%

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

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