

RECIPES

Spring Vegetable Saute



Ingredients (4 servings)

- 1 teaspoon olive oil
- 1/2 cup sweet onion, sliced
- 1 garlic clove, finely chopped
- 3 small potatoes, quartered
- 3/4 cup carrot, sliced
- 3/4 cup asparagus pieces
- 3/4 cup snap peas or green beans
- 1/2 cup radishes (quartered)
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon dried dill

Nutrition Information per serving

70 calories, 2 g fat, 0 g sat fat, 2 g protein,
13 g carbohydrates, 2 g fiber, 170 mg sodium

Instructions

1. Thoroughly wash hands for 20 seconds and clean all food preparation surfaces.
2. Heat the oil in a skillet. Cook the onion 2 minutes, add the garlic and cook another minute.
3. Stir in the potatoes and carrots. Cover, turn the heat to low, and cook until almost tender, about 4 minutes.
4. If the vegetables start to brown, add 1-2 tablespoons of water.
5. Now add the asparagus, peas, radishes, salt, pepper and dill. Cook, stirring often, until just tender — about 4 minutes more.
6. Serve immediately.

ASPARAGUS

Choose: spears with bright green or purplish tips. Stems should be firm but not woody.

Store: Trim the bottoms and wrap the cut ends in a damp paper towel. Refrigerate in a plastic bag for up to three days.

How much? A 1-pound bunch is about 12-15 spears.