



Spring Vegetable Saute

Makes: 4 servings

Bursting with delicious spring flavors, this delicious sauté is perfect with a side of roasted chicken, fish, or tofu.

Ingredients

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

Directions

1. Heat the oil in a skillet. Cook the onion 2 minutes, add the garlic and cook another minute
2. Stir in the potatoes and carrots. Cover, turn the heat to low, and cook until almost tender, about 4 minutes.
3. If the vegetables start to brown, add a Tablespoon or 2 of water.
4. Now add the asparagus, peas, radishes, salt, pepper, and dill. Cook, stirring often, until just tender - about 4 minutes more.

5. Serve immediately.

Notes

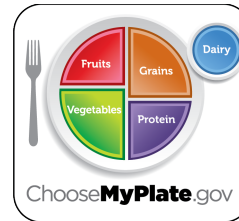
Learn more about:

- Onions
- Garlic
- Potatoes
- Carrots
- Asparagus
- Peas
- Green Beans
- Radishes

Source: National Cancer Institute (NCI), 5-A-Day Web site

Nutrition Information MyPlate Food Groups

Serving Size: 1/4 of recipe (133g)



Nutrients	Amount
Calories	138
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	177 mg
Total Carbohydrate	29 g
Dietary Fiber	5 g
Total Sugars	4 g
Added Sugars included	0 g
Protein	4 g
Vitamin D	0 mcg
Calcium	46 mg
Iron	2 mg
Potassium	752 mg

MyPlate Food Groups

Vegetables 1 1/2 cups

N/A - data is not available