

# Herbed Vegetables

4 SERVINGS, ABOUT 3/4 CUP EACH



## Ingredients:

- 2 Tbsp. water
- 1 cup zucchini squash, thinly sliced
- 1-1/4 cups yellow squash, thinly sliced
- 1/2 cup green pepper, cut into 2 inch strips
- 1/4 cup celery, cut into 2 inch strips
- 1/4 cup onion, chopped
- 1/8 tsp. garlic powder
- 1/2 tsp. caraway seed
- 1 medium tomato, cut into 8 wedges

## Directions:

1. Heat water in large fry pan. Add zucchini, yellow squash, green pepper, celery, and onion.
2. Cover and cook over moderate heat until vegetables are tender-crisp, about 4 minutes. Sprinkle seasonings over vegetables.
3. Top with tomato wedges. Cover and cook over low heat until tomato wedges are just heated, about 2 minutes.

*Per Serving: 25 Calories; Trace Total fat; 11 mg Sodium*  
3/4 cup = 1 cup vegetables