

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*