

Vegetable Medley

4 SERVINGS, ABOUT 3/4 CUP EACH



Ingredients:

2 tablespoons water

5 cups (1 pound) mixed vegetables
(Use fresh, frozen, or ones that are ready-to eat, such as from a store's salad bar. Select ones similar in size.)

1/2 tsp. marjoram leaves

2 Tbsp. reduced-calorie French or Italian salad dressing

Directions:

1. Heat water in fry pan. Add vegetables. Sprinkle with marjoram.
2. Cover and cook 5 minutes or until vegetables are tender-crisp. Drain.
3. Toss vegetables with salad dressing.

*Per Serving: 40 Calories; 1 gram Total fat; 86 mg Sodium
3/4 cup = 1 cup vegetables*