

Herbed Vegetable Combo

Make this side dish a main meal by simply adding cooked slices of chicken breast or lean beef.

Makes 4 servings. *½ cup per serving.*

Prep time: 10 minutes **Cook time:** 10 minutes

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Ingredients

- 2 tablespoons water
- 1 cup thinly sliced zucchini
- 1¼ cups thinly sliced yellow squash
- ½ cup green bell pepper, cut into 2-inch strips
- ¼ cup celery, cut into 2-inch strips
- ¼ cup chopped onion
- ½ teaspoon caraway seeds
- ⅓ teaspoon garlic powder
- 1 medium tomato, cut into 8 wedges



Preparation

1. Heat water in a medium pan. Add zucchini, squash, bell pepper, celery, and onion.
2. Cover and cook over medium heat until vegetables are crisp-tender, about 4 minutes.
3. Sprinkle seasonings over vegetables. Top with tomato wedges.
4. Cover again and cook over low heat until tomato wedges are warm, about 2 minutes. Serve warm.

Nutrition information per serving: Calories 24, Carbohydrate 5 g, Dietary Fiber 2 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 11 mg