

Spring Vegetable Saute

April 2023 Recipe

Makes: 4 servings



Ingredients

- 1 tsp. olive oil
- ½ cup sweet onion (sliced)
- 1 garlic clove (finely chopped)
- 3 small new potatoes (quartered)
- ¾ cup carrot (sliced)
- ¾ cup asparagus pieces
- ¾ cup sugar snap peas or green beans
- ½ cup radishes (quartered)
- ¼ tsp. salt
- ¼ tsp. black pepper
- ½ tsp. dried dill

Nutritional information for 1 serving

Calories	138
Total fat	1 g
Saturated fat	0 g
Cholesterol	0 mg
Sodium	177 mg
Carbohydrate	29 g
Dietary fiber	5 g
Total sugars	4 g
Added sugars included	0 g
Protein	4 g

Directions

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