

Spring Vegetable Sauté

Bursting with delicious spring flavors, this delicious sautee is perfect with a side of roasted chicken, fish, or tofu.

Makes: 4 Servings
 Prep Time: 10 minutes
 Cook Time: 10 minutes

Source: USDA's MyPlate Kitchen

Ingredients

- ½ cup sweet onion, sliced
- 1 garlic clove, finely chopped
- 3 new potatoes, tiny, quartered
- ¾ cup carrots, 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 dill
- 1 tsp. olive oil

Directions

1. Heat oil in skillet over medium heat.
2. Cook onion for 2 minutes. Add garlic and cook 1 more minute.
3. Stir in potatoes and carrots. Cover, reduce heat to low, and cook about 4 minutes, until nearly tender.
4. Add a tablespoon or two of water if vegetables start to brown.
5. Add asparagus, peas, radishes, salt, pepper, and dill. Cook, stirring often, for 4 more minutes or until tender.
6. Serve immediately.



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 1/4 of recipe	
Nutrients	Amount
Calories:	100
Total Fat:	2g
Saturated Fat:	0g
Cholesterol:	0mg
Sodium:	170mg
Total Carbohydrates:	20g
Dietary Fiber:	4g
Total Sugars:	6g
Added Sugars:	0g
Protein	3g

Utensils Needed

- Sharp knife
- Cutting board
- Large bowl
- Wooden spoon or spatula
- Measuring spoons
- Measuring cups
- Skillet with lid



SHOPPING LIST

Average total cost without oil and seasonings: \$7.94

Average cost/serving: \$1.98

Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Sweet onion



Add .25 lbs to Cart
Sugar snap peas



Add 3 to Cart
Potatoes



Add 1 to Cart
Radishes



Add 1 to Cart
Carrots



Add 1 to Cart
Asparagus

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- Use any combination of spring vegetables you have on hand!
- Try adding mushrooms or bell peppers for extra color.

