

5 A Day Recipes

Side Dishes

Spring Vegetable Sauté with Extra Color and Flavor

Serves 4

Provides 2 vegetable servings per person

I like to mix this season's fresh vegetables in a colorful spring sauté. Each vegetable color tells you that you'll be eating a variety of health-promoting nutrients. For example, the orange of carrots indicates cancer-fighting beta-carotene. To make this colorful sauté, first heat olive oil in a skillet, then drop in $\frac{1}{2}$ cup sliced sweet onion, a chopped clove of garlic, and $\frac{3}{4}$ cup each of quartered tiny new potatoes and diagonally cut baby carrots. Turn the heat to low, cover and cook until almost tender, about 4 minutes. Now toss in $\frac{3}{4}$ cup each asparagus pieces, sugar snap peas, and $\frac{1}{2}$ cup quartered radishes. Cook just until tender and season with salt, pepper, and fresh dill. It's bright, delicious, and provides 2 vegetable servings per person!

- 1 teaspoon olive oil
- $\frac{1}{2}$ cup sliced sweet onion
- 1 clove garlic, finely chopped
- $\frac{3}{4}$ cup quartered tiny new potatoes
- $\frac{3}{4}$ cup baby carrots, cut in half diagonally
- $\frac{3}{4}$ cup asparagus pieces
- $\frac{3}{4}$ cup sugar snap peas
- $\frac{1}{2}$ cup quartered radishes
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- 1 tablespoon chopped fresh dill weed or $\frac{1}{2}$ teaspoon dried

1. Heat the oil in a high-sided skillet. Cook the onion 2 minutes, add the garlic and cook another minute. Stir in the potatoes and carrots, cover, turn the heat to low, and cook until almost tender, about 4 minutes. If the vegetables start to brown, add a tablespoon or 2 of water.

2. Now add the asparagus, peas, radishes, salt, pepper, and dill.

Cook, stirring often, until just tender, about 4 minutes more. Try this with a piece of barbecued fish for a complete spring meal.

Nutritional Analysis per serving:

65 calories
1 g fat
18% calories from fat
0 g saturated fat
0% calories from saturated fat
12 g carbohydrates
178 mg sodium
3 g dietary fiber