



Spring Vegetable Saute



Adapted from *What's Cooking? USDA Mixing Bowl*.

Ingredients



- 1 teaspoon olive oil
- 1/2 cup sweet onion (sliced)
- 1 garlic clove (finely chopped)
- 3 new potatoes (tiny, quartered)
- 3/4 cup carrot (sliced)
- 3/4 cup asparagus pieces
- 3/4 cup sugar snap peas, or green beans
- 1/2 cup radishes (quartered)
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon dill (dried)



Directions



Yield: 4 servings Serving size:

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

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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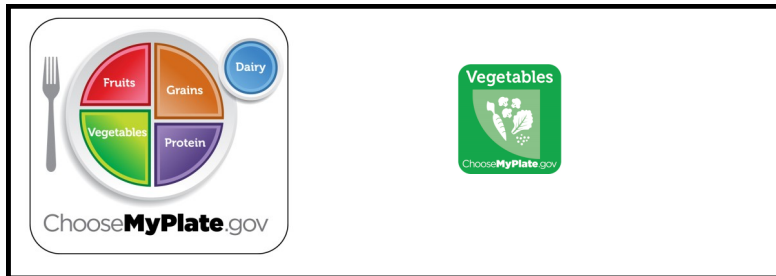
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Fast Facts



Featured Food Groups



Cooking Tips



- Have other spring vegetables on hand? Throw them in!
- Like a bit of spice? Add some cayenne pepper spice or chili powder.

Second Harvest is an equal opportunity provider.

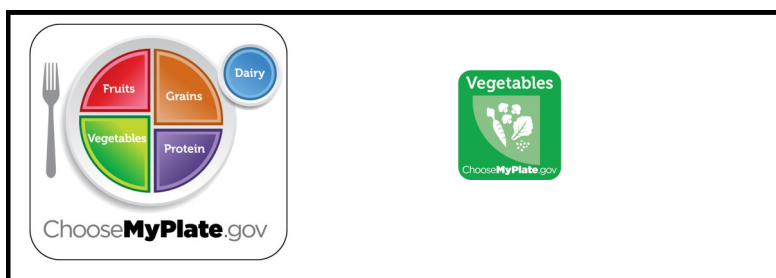
Nutrition Information	
Serving Size: 1/4 of recipe (133g)	
Show Full Display	
Nutrients	Amount
Total Calories	138
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	177 mg
Carbohydrates	29 g
Dietary Fiber	5 g
Total Sugars	4 g
Added Sugars included	0 g
Protein	4 g
Vitamin D	0 mcg
Calcium	46 mg
Iron	2 mg
Potassium	752 mg
N/A - data is not available	



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