



Sautéed Veggies

Servings per recipe: 6 servings
Serving size: ½ cup prepared vegetables

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Ingredients

- 10 okra (sliced)
- 2 yellow squash, medium (sliced)
- 2 ears of corn – or use canned or frozen corn
- ½ onion (chopped)
- 1 tomato (diced)
- 1 teaspoon** vegetable oil
- ½ teaspoon** salt

Tools

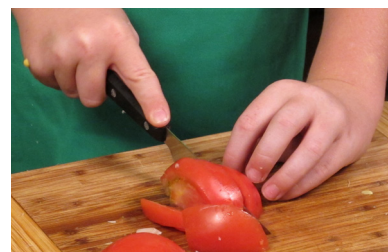
- 1 large skillet
- 1 wooden spoon (to stir ingredients in skillet)
- 1 set of measuring spoons

Directions

Wash hands and make sure utensils and countertops are clean.

1. Slice squash, okra, or other chosen vegetables into small but not tiny pieces.
2. If using fresh corn-on-the-cob, have an adult or experienced slicer remove the kernels.
3. Slice onions
4. Slice tomatoes
5. In a large skillet over medium heat, cook oil, onion, corn, squash, and okra for 5 minutes.

Serve and enjoy!



Tip:

This dish can be prepared with any of your favorite vegetables!

Nutritional Analysis (per serving)

Calories: 62.7 kcal
Fat: 1.5 g
Saturated
Monounsaturated
Carbohydrates: 11.9 g
Fiber: 2.5 g
Sugar: 5.2 g
Protein: 2.7 g

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