

Citrus Vegetables

Ingredients:

- 2 tablespoons fresh lime juice
- ½ tablespoon olive oil
- ½ teaspoon chopped fresh oregano
- 4 cups steamed mixed vegetables (for example, sliced zucchini and tomatoes, corn, etc.)

Preparation:

1. Slice the zucchini and tomatoes. Steam them with the corn in a small amount of water.
2. Drain, and place in a bowl to cool.
3. Mix lime juice with oil. Add oregano and combine.
4. Pour lime juice mixture over cool vegetables, mix well, and serve.

Yields 4 servings

Nutritional Information Per Serving: 140 calories, 5g protein, 24g carbohydrate (8g fiber), 2g fat, 0mg cholesterol, 65mg sodium

Source: U.S. Department of Agriculture

