

# Spring Vegetable Sauté

## Ingredients:

- 1 teaspoon olive oil
- ½ cup sliced sweet onion
- 1 finely chopped garlic clove
- 3–4 tiny quartered new potatoes
- ¾ cup sliced carrots
- ¾ cup asparagus pieces
- ¾ cup sugar snap peas or green beans
- ½ cup quartered radishes
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ½ teaspoon dried dill

## Preparation:

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 1 or 2 Tablespoons of water.
4. Add the asparagus, peas, radishes, salt, pepper, and dill. Cook, stirring often, until just tender — about 4 minutes more.
5. Serve immediately.

Yields 4 (¼ of recipe) servings

Nutritional Information Per Serving: 80 calories, 3g protein, 14g carbohydrate (3g fiber), 1.5g fat, 0mg cholesterol, 200mg sodium

Source: U.S. Department of Agriculture

