

## Simple Sautéed Vegetables

*These simple sautéed vegetables go great with just about any lunch or dinner entrée. They are easy, delicious, and colorful enough to brighten up any meal!*

**Yields:** 4 portions

**Serving Size:** 1 cup

### Ingredients:

- 3 **carrots**
- 1 **zucchini**
- 1 **yellow squash**
- 1/2 **red bell pepper\***
- 1 Tbsp **cooking oil**
- 1/2 **Italian Seasoning**
- 1/8 tsp **salt**
- 1/8 tsp freshly cracked **black pepper**
- 1 Tbsp **butter**
- 1 Tbsp chopped fresh **parsley** (optional)

### Instructions:

1. Peel and slice the carrots. Chop the zucchini and yellow squash into half-rounds. Slice the bell pepper.
2. Heat the skillet over medium-high. Once the skillet is very hot (if you sprinkle water on the pan, it should sizzle and spatter, but it should not be hot enough that the oil begins to smoke), add the cooking oil and swirl to coat the surface. Add the sliced carrots and sauté for about 2-3 minutes.
3. Next, add the bell pepper, zucchini, squash, basil, oregano, and garlic powder. Continue to sauté for 2-3 minutes more, or just until the vegetables begin to soften. You want to take the raw edge off the vegetables, but not cook them to the point where they are limp.
4. Once the vegetables have just begun to soften, remove the skillet from the heat. Add the butter and toss until it has melted and coated the vegetables. Finally, season with a pinch of salt and pepper, give them a taste and adjust the salt or pepper as needed. Garnish with fresh chopped parsley just before serving.

**Per Serving:** Calories 103 kcal, Carbohydrates 10 g, Protein 2 g, Saturated Fat 2.3 g, Sodium 167 mg, Fiber 3 g, Sugars 5.3 g  
This recipe was adapted from Beth Budget-Bytes.