

5 A Day Recipes

Side Dishes

Ranch-Style Vegetables

Serves 4

You can use any combination of fresh vegetables you have available.

- 1 cup cauliflower, broken into bite sized pieces
- 2 cups broccoli, broken into bite sized pieces
- $\frac{3}{4}$ cup sliced carrots
- $\frac{1}{2}$ cup sliced celery
- $\frac{1}{2}$ cup chopped onion
- $\frac{1}{4}$ teaspoon dried dill weed
- 1 $\frac{1}{2}$ tablespoons lemon juice
- 2 tablespoons non-fat or reduced fat ranch-style dressing

Fill a 1 $\frac{1}{2}$ quart microwave safe dish with vegetables. Add dill and lemon juice. Cover and microwave 5 to 8 minutes, stirring every two minutes. Drain, mix in dressing, and serve.

This is an official 5 A Day recipe, providing each person served with more than two servings of vegetables.

Nutritional Analysis

Calories: 49
Fat: 0 g
Cholesterol: 0 mg
Fiber: 3 g
Sodium: 112 mg

Recipe taken from Quick & Healthy Volume II, by Brenda J. Ponichtera, R.D. (ScaleDown Publishing, 1995).