



| EASY FAMILY MEALS



## SPRINGTIME SAUTÉ

### Recipe Summary:

**Preparation Time:** 30 minutes

**Number of Servings:** 4

**Cups of Fruits and Vegetables Per Person:** 1

### Ingredients:

1 teaspoon olive oil

½ cup sweet onion, sliced

1 garlic clove, finely chopped

3-4 potatoes, quartered

¾ cup carrots, sliced

¾ cup asparagus, cut into pieces

¾ cup sugar snap peas (or green beans)

½ cup radishes, quartered

¼ teaspoon salt

¼ teaspoon black pepper

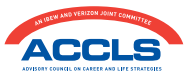
½ teaspoon dried dill

### Directions:

Heat oil in a skillet. Cook the onions for 2 minutes and then add garlic and cook for another minute. Stir in potatoes and carrots.

Cover, turn the heat on low. Cook until tender. Add asparagus, peas, radishes, salt, pepper, and dill. Cook, stirring often, until just tender.

Serve immediately.



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