

Ready For Anything Veggie Mixes

Betty Soup

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Yield: 3 cups

ITALIAN VEGGIE MIX

1 1/2 cups 1/2-inch pieces
zucchini and/or yellow
summer squash

1 1/2 cups cherry tomatoes

1 cup thinly sliced fennel

1/2 teaspoon Italian

seasoning

1/4 teaspoon salt

1/4 teaspoon black pepper

CALIFORNIA VEGGIE MIX

1 1/2 cups bite-size broccoli
florets

1 1/2 cups bite-size

cauliflower florets

1 cup thin carrot coins

1/2 teaspoon lemon pepper
seasoning

1/4 teaspoon salt

1/4 teaspoon black pepper

STIR-FRY VEGGIE MIX

1 1/2 cups two-inch bias-cut
snow peas

1 1/2 cups thin bias-cut

carrot coins

1 cup 1/2-inch slices red

bell pepper

1 teaspoon lemon zest

1/4 teaspoon salt

1/4 teaspoon black pepper

CAJUN VEGGIE MIX

1 1/2 cups 1/2-inch slices

tricolor bell pepper

1 1/2 cups thin bias-cut

celery

1 cup two-inch bias-cut

green onion

1/2 teaspoon cajun

seasoning

1/4 teaspoon salt

1/4 teaspoon black pepper

In a covered bowl or zip-top plastic bag, combine the ingredients for whichever veggie mix is desired.

Chill and cook or use within five days.

SMART USES:

Sprinkle raw over frozen pizza.

Mix into grain bowls.

Dip into or drizzle with dressing.

Tuck into toasted pitas with hummus.

WAYS TO COOK:

**** SAUTE' ON THE STOVETOP.** Heat one tablespoon of olive oil in a ten-inch skillet over medium heat. Add the vegetable mix. Cook and stir until crisp-tender, about 5 minutes.

**** ROAST IN THE OVEN:** Preheat the oven to 425 degrees. Arrange the vegetable mix on a foil-lined 10x15-inch baking pan. Drizzle with one tablespoon of olive oil and toss to coat. Roast until the veggies are tender and the edges are browned, 10 to 15 minutes.

**** GRILL IN A FOIL PACKET:** Arrange the vegetable mix in the center of a 18x36-inch piece of heavy-duty foil. Drizzle with one tablespoon of vegetable broth. Fold the foil in half to make a square packet, then fold the edges over twice to seal, leaving space for steam to build. Grill the packet directly over medium heat, turning twice, until the vegetables are crisp-tender, about 10 minutes.

Per Serving (excluding unknoc items): 60 Calories; 1g Fat (1 calories from fat); 2g Protein; Carbohydrate; 4g Dietary Fib 0mg Cholesterol; 2261mg Sc Exchanges: 0 Grain(Starch); Vegetable; 0 Fruit; 0 Fat; 0 O Carbohydrates.