

Julienne Nest of Vegetables

Serving Size: 1/4 of recipe

Serves: 4

Ingredients

2 tablespoons olive oil
1 small carrot, cut julienne
4-5 asparagus spears, cut julienne
1 small red bell pepper, cut julienne
4 green onions, cut julienne
1 small yellow squash, cut julienne
1 small zucchini squash, cut julienne
1 clove fresh garlic, minced
a pinch of salt
¼ teaspoon coarse black pepper

Directions

Heat olive oil in a large skillet over medium-high heat. Sauté the carrots for about 30 seconds. Then add the rest of the vegetables and cook just until they are crisp tender. Season with salt and pepper.

To serve, create a bowl resembling a bird's nest and top with the fish.

Exchanges per serving:

1 Vegetable, 1.5 Fats

Nutrients per serving:

Calories: 86

Calories from fat: 61

Total Fat: 7g

Saturated Fat: 1g

Cholesterol: 0mg

Sodium: 36mg

Carbohydrate: 6g

Dietary Fiber: 2g

Protein: 2g