



## Sautéed Veggies

### *Serves four as a side*

- 1 TBS olive oil
- 1/2 a small red onion – sliced
- 4 garlic cloves – minced
- 3 large mushrooms – sliced
- 1 small zucchini – sliced
- 1 large or 2 medium tomatoes – chopped
- 1 tsp. dried oregano

Heat the olive oil in a pan and add the onions. Cook for a couple of minutes and add the garlic. Work on medium/low heat. Mix and cook for a minute.

Add the mushrooms and the zucchini. Mix. Add a little more oil if necessary. Cook for 2 to 3 minutes.

Add the tomato and mix in. Add the oregano, salt and pepper to taste. Mix. Allow the vegetables to brown a bit maybe 2 to 3 minutes and serve. You want the veggies to be lightly browned at the bottom and cooked through but not limp. So please do not overcook this. You should be done in 10 minutes from start to end.

You can serve this as a side with anything you like or you can serve it as a light meal with brown rice, quinoa, couscous or pasta.

**CALORIES 128.20; FAT 6.13 grs (sat 1.17; mono 2.65; poly 1.73); PROTEIN 4.08 grs ; FIBER 1.03 grs; CARBS 16.95 grs; CHOLESTEROL 0.00 mg; IRON 11.36 mg; SODIUM 588.93 mg; CALCIUM 410.91 mg**