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Herbed Vegetable Combo

Budget-friendly recipe

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Serves: 4

Ready in: 20 mins.

Make this side dish a main meal by simply adding cooked slices of chicken breast or lean beef.



Ingredients

2 tablespoons Water

1 cup Zucchini *thinly sliced*

1¼ cups Yellow squash *thinly sliced*

½ cup Green bell pepper *cut into 2-inch strips*

¼ cup Celery *cut into 2-inch strips*

¼ cup Onion *chopped*

½ teaspoon Caraway seeds

⅛ teaspoon Garlic powder

1 Medium tomato *cut into 8 wedges*

What You'll Need

Measuring spoon

Cutting board

Sharp knife

Medium pan with cover

Directions

1. Heat water in a medium pan. Add zucchini, squash, bell pepper, celery, and onion.
2. Cover and cook over medium heat until vegetables are crisp-tender, about 4 minutes.
3. Sprinkle seasonings over vegetables. Top with tomato wedges.
4. Cover again and cook over low heat until tomato wedges are warm, about 2 minutes. Serve warm.

Nutrition Info and more

Serving size: ½ cup

Total calories: 24 Total fat: 0 g Saturated fat: 0 g Carbohydrates: 5 g Protein: 2 g Fiber: 2 g Sodium: 11 mg