

SAUTEED VEGETABLES WITH GREMOLADA

grated zest of 1 lemon
1 minced garlic clove
2 T. minced fresh parsley
1/2 t. minced fresh tarragon
3 T. unsalted butter
1 thinly sliced shallot
6 oz. green beans, trimmed
2 medium carrots, julienned
2 small zucchini, julienned
1 yellow squash, julienned
1 yellow or red bell pepper (or combo), cut into strips
2 t. lemon juice

Make gremolada by combining first four ingredients. Heat butter. Cook shallot and beans for 3 minutes. Add carrots for 3 minutes. Add remaining vegetables for 4 to 5 minutes. Sprinkle gremolada and juice over vegetables and toss. Serve hot. Makes 4 servings at 153 calories.

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