

Committed to Kids Vegetable Sauté

Yield: 1 serving
Exchanges: 1 vegetable
Calories: 37

Nonstick cooking spray

$\frac{1}{2}$ teaspoon olive oil

$\frac{1}{2}$ cup julienne-cut carrots

$\frac{1}{2}$ clove garlic, minced

1 cup broccoli florets

$\frac{1}{2}$ cup sliced mushrooms

In small nonstick skillet, combine oil and cooking spray and heat over medium-high heat; add carrot and garlic and sauté for about 2 minutes. Reduce heat, cover, and cook for 3 minutes (carrot sticks should still be crisp); add broccoli and mushrooms and sauté until vegetables are tender-crisp, about 5 minutes.