

Vegetable Primavera

2 T. low sodium chicken broth or water
2 tsp. Dijon style mustard
2 tsp. olive oil
2 tsp. red wine vinegar (or vinegar of your choice)
Non stick cooking spray
1 cup sliced yellow summer squash
1 cup sliced zucchini squash
1 cup chopped red or yellow pepper
½ cup thinly sliced sweet onion
2 cups broccoli florets
4 tsp snipped fresh parsley

In a small bowl, combine 1 T. of the broth, the mustard, oil, and vinegar. Set aside.

Lightly coat nonstick pan with cooking spray. Heat over med. Heat and add vegetables to pan. Cook about 5 minutes or until almost tender. Add remaining 1 T. broth and cook 2 minutes more. Stir in the mustard mixture and heat through. Sprinkle with parsley and serve.

4 servings

Per serving: 58 Calories, 3 g. fat, 8 g carbs, 3 g. fiber and 2 g. protein

When I make this, I sometimes throw in 2 cups of baby spinach leaves, and sometimes 1 cup sliced mushrooms during the last 2 minutes of cooking.

This dish is so incredibly packed with nutrients and antioxidants! You'll feel better just knowing you've made such a healthy choice for a side dish.