

Lupe's Spanish Style Vegetables

From the kitchen of Lupe Gonzalez, San Antonio

Preparation time: 40 minutes

Number of servings: 6

Ingredients:

2 carrots, chopped

1 turnip, peeled and chopped

½ small cabbage head, chopped

6 cauliflower flowerets

½ bell pepper

½ package (10 ounces) fresh spinach

1 large onion, sliced=1 teaspoons of margarine

Salt to taste

Pepper to taste

Preparation:

1. Steam vegetables (except peas & onion) for about 10-15 minutes each. Using a microwave can help speed preparation. Also try combining cabbage with cauliflower and bell pepper with spinach when steaming.
2. In a large frying pan, sauté onion in margarine for about 3-5 minutes. Add carrots and cook 5 more minutes. Add peas and remaining steamed vegetables and keep stirring until ready (about 5 minutes). Add salt and pepper to taste.

*For a spicier taste, try adding 1 small jalapeno or chili powder.

Nutrition information per serving:

FAT: 13% of calories from fat (low)

FIBER: 5 grams

CALORIES: 67



TIP

This recipe is rich in vitamins A and C.