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.