

Sautéed Vegetable Salad



Ingredients:

- 1 tablespoon extra-virgin olive oil
- 1/4 cup vegetable stock
- 3 carrots, thinly sliced
- 1/2 cup peas
- 1 1/2 pounds small yellow squash, sliced 1/2 inch thick
- 1 small red onion, chopped
- 1 pound Asian eggplant or small Italian eggplant, halved lengthwise and cut crosswise into 1/2-inch-thick slices
- 1/2 cup cherry tomatoes, halved
- 1/2 cup fresh basil, chopped

Directions:

1. Heat 1 tablespoon oil in a 12-inch nonstick skillet over moderately high heat. Sauté the carrots, onions for 5 minutes.
2. Add the vegetable stock, squash, eggplant, and peas to the skillet. Cook for 5 more minutes.
3. Add the tomatoes to the skillet and cook for 5 more minutes, until the vegetables are fork tender.
4. Stir in the fresh basil before serving.

Makes 4-6 servings



Tarrant County Public Health
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