

Herbed Vegetables



Ingredients:

- 1 – 14 ounce can no- salt added vegetable (green beans, carrots, mixed vegetables or a combination)
- 1 tablespoon butter or margarine
- 1/4 cup onion, chopped
- 1 clove garlic, minced
- 1/2 teaspoon dried Italian herb (basil or rosemary)

Directions:

1. Drain vegetables.
2. Heat butter in a saucepan. Cook onion until tender. Add garlic and herbs.
3. Stir in vegetables and 2 tablespoons water.
4. Cook and stir until heated through.

Makes 4 servings



Tarrant County Public Health
<http://health.tarrantcounty.com>