

Flavorsome Veggies

1 serving

What you need:

- 1 cup frozen broccoli, cauliflower & carrot mix
- 1 tsp Mrs. Dash Garlic & Herb Seasoning Blend
- 4 squirts of 'butter' spray (like I Can't Believe It's Not Butter spray) or 1 tsp soft tub margarine



All you do:

1. Place frozen vegetables in a microwavable dish. Add seasoning blend & butter spray.
2. Cover and microwave according to the package directions, about 6 - 8 minutes.

Nutrition facts per serving: 40 calories, 0g total fat, 6g carbohydrates, 4g dietary fiber, 3g protein, 105mg sodium