

SPRING VEGETABLE SAUTÉ

Yield	4 servings
-------	------------

Ingredients

1 teaspoon	olive oil
1/2 cup	sweet onion (sliced)
1	garlic clove (finely chopped)
3	new potatoes (tiny, quartered)
3/4 cups	carrot (sliced)
3/4 cups	asparagus pieces
3/4 cups	sugar snap peas, or green beans
1/2 cup	radishes (quartered)
1/4 teaspoon	salt
1/4 teaspoon	black pepper
1/2 teaspoon	dill (dried)

Instructions

1. Heat the oil in a skillet. Cook the onion 2 minutes, add the garlic and cook another minute
2. Stir in the potatoes and carrots. Cover, turn the heat to low, and cook until almost tender, about 4 minutes.
3. If the vegetables start to brown, add a Tablespoon or 2 of water.
4. Now add the asparagus, peas, radishes, salt, pepper, and dill. Cook, stirring often, until just tender - about 4 minutes more.
5. Serve immediately.

Cost :

Per recipe: \$2.27
Per serving: \$0.57

CRUNCHY VEGETABLE WRAPS

Yield	4 servings
-------	------------

Ingredients

4 tablespoons	cream cheese, low fat (whipped)
2	flour tortillas
1/2 teaspoon	ranch seasoning mix
1/4 cup	broccoli (washed and chopped)
1/4 cup	carrot (peeled and grated)
1/4 cup	zucchini (washed and cut into small strips)
1/4 cup	summer squash (yellow, washed and cut into small strips)
1/2	tomato (diced)
2 tablespoons	green bell pepper (seeded and diced)
2 tablespoons	chives (chopped fine)

Instructions

1. In a small bowl, stir ranch seasoning into cream cheese, chill.
2. Wash and chop vegetables.
3. Steam broccoli in microwave for 1 minute with 1 tablespoon of water.
4. Spread cream cheese onto flour tortilla, staying one inch from edge. Sprinkle vegetables over cream cheese. Roll tortilla tightly.
5. Chill for 1-2 hours before serving (the wrap will hold its shape better). With a sharp knife slice into circles and serve.

Cost

Per recipe: \$1.33
Per serving: \$0.33

Notes

- Be creative. Try different vegetables, herbs and spices. Examples- green beans, lettuce, radishes, corn; dill, oregano, basil, mint, curry or chili powder.
- You can substitute pre-made flavored cream cheeses- chive, herb or vegetable.
- Try a sweet cream cheese and add fruit to your wrap for a different twist.
- This wrap is great with soup or salad or served as a cool summer appetizer!