

Ginger-Basil Steamed Vegetables



Makes 6 servings

Active time: **15 minutes**

Total time: **25 minutes**

Course: **Dinner**

Its the crushed red pepper and the slivers of basil that make these ginger-flavored steamed vegetables feel like something special.

Ingredients

- 4 cups cauliflower florets
- 1 1-inch piece peeled ginger root, halved
- 1 medium red sweet pepper, seeded and cut into strips
- 2 cups snow pea pods, trimmed
- 4 green onions, cut into 2-inch pieces
- 2 tablespoons snipped fresh basil
- 1 tablespoon olive oil
- 1 tablespoon lime juice
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ⅛ teaspoon crushed red pepper

Preparation

1. Place a steamer basket in a very large skillet or Dutch oven. Add water to just below the bottom of the basket. Bring water to boiling. Add cauliflower and ginger to steamer basket. Cover and reduce heat. Steam for 5 minutes or until crisp-tender. Add red sweet pepper, pea pods and green onion to steam; stir gently to combine. Cover and steam 5 to 7 minutes more or until vegetables are crisp-tender. Remove and discard ginger.
2. Transfer mixture to a serving bowl. Stir in basil, olive oil, lime juice, salt, black pepper, and crushed red pepper. Toss to combine.

Nutrition

Per Serving: 56 calories; 7 g carbohydrates; 3 g fat (0 g sat, g mono); 2 g protein; 0 mg cholesterol; 3 g dietary fiber; 319 mg potassium; 217 mg sodium. Nutrition bonus: 1 mg Niacin, 71 mg Vitamin C, 65 µg Folate, 30 mg Calcium, 1 mg Iron, 972 IU Vitamin A

© Meredith Corporation. All rights reserved. Used with permission.