

Glazed Carrots

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2 cups green beans, halved

2 cups carrots, sliced

2 tablespoons olive oil

1 cup water

2 summer squash, sliced

1 teaspoon salt

1 teaspoon pepper

1 teaspoon fresh thyme, chopped

1 teaspoon fresh sage, chopped

In a skillet, saute' the green beans and carrots in the olive oil for 1 minute.

Add the water and simmer for 5 minutes or until the veggies are crisp-tender.

Add the summer squash, salt, pepper, thyme and sage.

Cook for 4 to 5 minutes.

Per Serving (excluding unknown items): 503 Calories; 29g Fat (47.2% calories from fat); 12g Protein; 60g Carbohydrate; 23g Dietary Fiber; 0mg Cholesterol; 2251mg Sodium. Exchanges: 0 Grain(Starch); 11 1/2 Vegetable; 5 1/2 Fat.