Herb Garden Vegetables

Taste of Home

Servings: 2

Start to Finish Time: 30 minutes

1/4 pound fresh green beans, trimmed

3/4 cup fresh sugar snap peas

1 tablespoon olive oil

3/4 cup zucchini, julienned

3/4 cup yellow summer squash, julienned

3/4 teaspoon fresh rosemary, minced

3/4 teaspoon sage

3/4 teaspoon basil

3/4 teaspoon thyme

1/4 teaspoon red pepper flakes, crushed

2 tablespoons blue cheese, crumbled

In a small skillet over medium heat, cook beans and peas in oil for 3 minutes. Add the zucchini, squash, herbs and pepper flakes.

Cook and stir for 3 to 5 minutes longer or until vegetables are crisp-tender.

Sprinkle with blue cheese just before serving.

Per Serving (excluding unknown items): 95 Calories; 9g Fat (81.3% calories from fat); 2g Protein; 2g Carbohydrate; 1g Dietary Fiber; 5mg Cholesterol; 101mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 1/2 Fat.