

Flavorsome Veggies

IOWA

Student Wellness

Ingredients

- 1 cup frozen broccoli, cauliflower & carrot mix
- 1 teaspoon of a garlic & herb seasoning blend (can be substituted with garlic powder, black pepper, and salt)
- 1 teaspoon olive oil

Directions

1. Place frozen vegetables in a microwavable dish. Add olive oil and seasoning blend. Toss until mixed well.
2. Cover and microwave according to the package directions, about 6 - 8 minutes.



Makes 1 serving

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