

COMPLIANT ITALIAN VEGETABLES

This recipe makes about 8 cups so it is a super easy way to have your side dish of vegetables ready to go. To extend Lentil Bolognese over rice, I can now cut down on the rice and add two cups of these vegetables to the dish to lower the calorie density even further.

Ingredients:

* 1 large onion, cut into cubes
* 2 garlic cloves, roughly chopped
* 2 small or 1 large zucchini, peeled and cut into cubes
* 1 bell pepper, sliced or diced
* 6-8 fresh mushrooms, sliced
* ½ - ¾ cup low sodium vegetable broth (preferably organic)
* 1 large handful spinach leaves, chopped
* 1 Tbs. Italian Seasoning (no salt added)

Method:

1. In a wok or large skillet, heat a little vegetable broth on medium high.
2. Add onion and garlic to the pan and cook quickly until the onion is soft.
3. Add zucchini, pepper, mushrooms, and vegetable broth.
4. Cover with a lid and let cook for 5 minutes and then stir.
5. Add spinach and Italian seasoning to the top of the zucchini mixture. Put the lid back on and steam for about 2 minutes until the spinach wilts.
6. Stir to mix and serve hot. Or let cool and store in the fridge in glass containers.