

Citrus Vegetables

From the United States Department of Agriculture

<https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/citrus-vegetables>

Ingredients

- 2 tablespoons lime juice (fresh)
- ½ tablespoon olive oil
- ½ tablespoon oregano (fresh, chopped)
- 4 cups mixed vegetables, sliced and steamed (such as zucchini, corn, and tomatoes)

Instructions

1. Slice vegetables and steam in a small amount of water.
2. Drain, and place in a bowl to cool.
3. Mix lime juice with oil. Add oregano and combine.
4. Pour lime juice mixture over cool vegetables and mix well.
5. Serve.

Makes 4 servings

Nutrition information per serving

Calories: 135	Dietary Fiber: 8 g
Total Fat: 2 g	Sodium: 64 mg
Saturated Fat: 0 g	Protein: 5 g
Cholesterol: 0 g	Carbohydrates: 24 g