

Veggie Stir-Fry

Makes: 6 servings

Ingredients

- 1 teaspoon** margarine
- 1/2** onion (chopped)
- 1** tomato (diced)
- 2** ears of corn (or cut from cob)
- 10** okra (sliced)
- 3** yellow squash, medium (sliced)

Directions

1. In a frying pan over medium heat, cook margarine, onion, corn, squash and okra for 5 minutes until tender.
2. Add diced tomatoes and continue cooking for 3 minutes.

Source: University of Kentucky, Cooperative Extension Service, Fit Families

Nutrition Information

| Nutrients | Amount |
|---------------------------|--------------|
| Calories | 70 |
| Total Fat | 2 g |
| Saturated Fat | 0 g |
| Cholesterol | 0 mg |
| Sodium | 20 mg |
| Total Carbohydrate | 13 g |
| Dietary Fiber | 3 g |
| Total Sugars | 6 g |
| Added Sugars included | N/A |
| Protein | 3 g |
| Vitamin D | N/A |
| Calcium | N/A |
| Iron | N/A |
| Potassium | N/A |

N/A - data is not available