

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.

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Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	70	
Total Fat	1.5 g	2%
Protein	3 g	
Carbohydrates	13 g	4%
Dietary Fiber	3 g	12%
Saturated Fat	0 g	0%
Sodium	20 mg	1%