

# Microwave Vegetable Medley

Vegetables cook very fast in the microwave oven and retain their nutrient content since they cook in such a short amount of time with little or no water. Substitute your own salt free herb blend to flavor this healthy vegetable dish, if preferred.

2 stalks broccoli  
1/2 head cauliflower  
1 zucchini, sliced  
2 yellow summer squash, sliced  
1/2 green bell pepper, sliced  
1/2 red bell pepper, sliced  
10 mushrooms, sliced  
1 lemon, squeezed  
1 freshly ground black pepper to taste  
1/2 teaspoon garlic salt

Arrange broccoli flowerets, cauliflower pieces, zucchini, squash, and peppers on tray. Spread mushrooms on top of vegetables. Cover with plastic wrap. Microwave 8 to 10 minutes on High power. Uncover and add lemon juice and spices.

**Servings: 6**

## Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
<b>Calories</b>	89.84
Calories From Fat (7%)	6.55
<b>% Daily Value</b>	
<b>Total Fat</b> 0.79g	<b>1%</b>
Saturated Fat 0.16g	<b>1%</b>
<b>Cholesterol</b> 0.00mg	<b>0%</b>
<b>Sodium</b> 234.09mg	<b>10%</b>
<b>Potassium</b> 1127.13mg	<b>32%</b>
<b>Carbohydrates</b> 18.55g	<b>6%</b>
Dietary Fiber 7.19g	<b>29%</b>
Sugar 8.66g	
Sugar Alcohols 0.00g	
Net Carbohydrates 11.36g	
<b>Protein</b> 7.25g	<b>14%</b>

## Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
2 stalks broccoli	2 x 1 stalk of Broccoli, raw
1/2 head cauliflower	0.50 x 1 head of Cauliflower, raw
1 zucchini, sliced	1 x 1 large of Squash, summer, zucchini, includes skin, raw
2 yellow summer squash, sliced	2 x 1 large of Squash, summer, all varieties, raw
1/2 green bell pepper, sliced	0.50 x 1 medium (approx 2-3/4" long, 2-1/2" dia) of Peppers, sweet, green, raw
1/2 red bell pepper, sliced	0.50 x 1 medium (approx 2-3/4" long, 2-1/2" dia) of Peppers, sweet, red, raw
10 mushrooms, sliced	10 x 1 large of Mushrooms, raw
1 lemon, squeezed	1 x 1 lemon yields of Lemon juice, raw
1 freshly ground black pepper to taste	1 x 1 teaspoon of Spices, pepper, black
1/2 teaspoon garlic salt	0.50 x 1 teaspoon of Spices, garlic salt

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