

Summer Vegetable Hash

SERVINGS: 15

SERVING SIZE: 1 cup



Ingredients

1 lb Fresh Zucchini Squash, diced
1 lb Fresh Eggplant, diced
1 lb Fresh Yellow Squash, diced
1 lb Fresh Portobello Mushrooms
12 oz Fresh Onion, Diced
12 oz Green Bell Peppers, diced
12 oz Red Bell Peppers, diced
2 tsp Fresh Garlic Cloves, minced
1 tbsp Extra Virgin Olive Oil
1 tbsp Ground Black Pepper
1½ tsp Kosher Salt

Directions

1. Chop all vegetables into ½" dice.
2. In a large sauté pan, heat oil. Add garlic and onions and sauté on high heat for 1-2 minutes until they begin to brown.
3. Add peppers and sauté for 2 minutes.
4. Add remaining vegetables and cook on medium heat for 3-5 minutes. Stirring every 1½ minute to allow items to crisp with a golden brown.
5. Add the salt and pepper, toss to combine.
6. Serve hot.

Nutritional per serving:

calories 50 kcal, **fat** 1.5 gm, **protein** 2 gm, **carbs** 9 g, **fiber** 3 g, **sodium** 195 mg