

Sauteed Root Vegetables

Even picky eaters will be pleased with this quick and easy dish. Sauteing radishes gives them a mild and sweet flavor.

Serves 4



Ingredients

- 1 bunch radishes
- 1 bunch turnips
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- salt and pepper to taste

Nutrition Facts

Serving Size about 3/4 cup
Servings Per Container 4

Amount Per Serving

Calories 60 **Calories from Fat 30**

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 65mg **3%**

Total Carbohydrate 7g **2%**

Dietary Fiber 2g **8%**

Sugars 4g

Protein 1g

Vitamin A 0% • Vitamin C 35%

Calcium 4% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Directions

1. Scrub radishes and turnips well and trim ends.
2. Slice into thin pieces.
3. Heat olive oil in large sauté pan over medium heat.
4. Add garlic and root vegetables. Stir frequently until just browned, about 5 minutes.