

# 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.