

Lemon & Olive Sautéed Vegetables



Finishing simple sautéed vegetables with a vibrant lemon and olive pan sauce adds something special to the dish without too much additional effort required.

YIELD 4 SERVINGS	PREP TIME 20 MIN	TOTAL TIME 35 MIN
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INGREDIENTS

For the Vegetables:

1 medium	Zucchini or Summer Squash, cut into half moons
1 medium	Bell Pepper, any color, julienned
1 medium	Onion, julienne
1 tsp	Olive or Canola Oil
¼ tsp	Kosher Salt
¼ tsp	White Pepper (or a pinch of Cayenne Pepper)

For the Sauce:

2 each	Lemons, zested and juiced
2 Tbsp	Olives, any variety, chopped (or Capers)
2 tsp	Olive Juice
½ cup	Vegetable or Chicken Stock, unsalted or homemade
1 Tbsp	Oregano, fresh, chopped (or 1 tsp dried)
1 Tbsp	Butter, unsalted

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Heat a large sauté pan over medium high heat. Add the oil and then the zucchini or squash in an even layer, allowing it to brown on one side, about 3-4 minutes.
3. Turn the heat down to medium and add the onions, cooking until the onion is soft, about 4-5 minutes. Add the bell pepper and cook for another 2-3 minutes. Season with the salt and pepper.
4. Remove the sautéed vegetables to a plate and set aside. Return the pan to medium heat and add half of the lemon juice, the olives, olive juice, and stock. Cook over medium, allowing it to reduce in volume by half.
5. Add the oregano and butter, and simmer until glossy, about 1-2 minutes.
6. Add the vegetables back to the pan and toss to coat with the sauce. Taste and add the remaining lemon juice, if desired.

CHEF'S NOTES

This technique is an extremely versatile method with many applications. Pan sauces can add a burst of flavor to any sautéed vegetables or meats and the flavor options are endless.

Nutrition Fun Fact: Cooking with heart-healthy olive or canola oil and finishing with just a little butter adds richness and body to the sauce without adding too much saturated fat to the dish.

Nutrition Facts

4 servings per container

Serving Size **about 1/2 cup (165 g)**

Amount per serving

Calories **100**

% Daily Value *

Total Fat 8g **10%**

Saturated Fat 2g **11%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 230mg **10%**

Total Carbohydrate 7g **3%**

Dietary Fiber 2g **7%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

Protein 1g **3%**

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 0.5mg 3%

Potassium 300mg 5%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

