

Veggie Sauté – kid approved!

“We tried sautéing it with veggies the other night....It was fabulous!! Nick and Ben really loved it too; did you catch that? Ben loved it?!!! Now, that is an impressive feat!”

Ingredients:

- 1 carrot cut into round quarter sized pieces
- 2 cloves garlic finely chopped
- 1 red pepper cut into squares
- 1 red onion finely chopped
- 1 zucchini cut length-wise and then cut into half moon pieces
- 3 Tablespoons WildeBerryaki
- 1 Tablespoon cooking oil
- A sprinkle of salt & pepper to taste

Directions:

- Heat oil in a large skillet or wok.
- Stir in chopped garlic and WildeBerryaki. Cook for a minute or two.
- Add the rest of the veggies and sauté until cooked...but do not over cook!
- Sprinkle with salt and pepper to taste

Serve over a bed of rice and enjoy!