



A healthy and fun way for kids to eat their veggies!

Ingredients:

- 1 red bell pepper, cut into 1/2-inch slices
- 2 yellow or crookneck squash, cut into 1/2 inch slices
- 1 medium zucchini, cut into 1/2 inch slices
- 1 large carrot, peeled and cut into 1/2 inch slices
- 1 bunch asparagus



Directions

1. Trim all vegetable slices the same length (i.e., 3 or 4 inches long). Trim asparagus the same length.
2. Bring 1 inch of water to a boil in a medium saucepan over high heat. Insert a steamer basket, add all vegetables, cover and reduce heat to low. Cook until vegetables are tender, about 3 minutes.

Makes 4 servings.

REMINDER TO SELF: Ask parents if children have any food allergies!