

Mixed Vegetable Medley	
Ingredients	Instructions
<ul style="list-style-type: none">• 5 summer vegetables (zucchini, bell pepper, acorn squash, eggplant, broccoli, cauliflower, Swiss chard, bok choy, snap peas and mushrooms are all great options), cut into bite-sized pieces• 1 small sweet or red onion, diced• 2 garlic cloves, minced• 2-3 tbsp olive oil• Salt and pepper to taste• A squeeze of lemon juice (optional)• ½ cup fresh basil (and/or parsley leaves), chopped or torn• 2 tsp fresh oregano (or ½ tsp dried)• 1 jalapeño or other hot pepper for heat (optional)	<ol style="list-style-type: none">1. Prep Veggies: Wash and chop all vegetables into uniform bit-sized pieces for even cooking.2. Sauté: In a large skillet, heat the olive oil over medium heat. Add the garlic and onion, sautéing until fragrant and slightly softened (about 2-3 minutes).3. Cook Vegetables: Don't try to cook the vegetables all together but cook in 2-3 batches. Sauté each batch for 5-8 minutes until they're tender but still crisp, then transfer to a large bowl. Season with salt, pepper, and a squeeze of lemon juice, if desired.4. Finish: Toss in fresh herbs and mix just before serving. Enjoy warm as a delicious side dish.