

Vegetable Sauté with black olives and lemon



Ingredients:

- 1 tbsp. olive oil
- 2 large carrots (1 1/2 c. or 180 gm), peeled and cut on the diagonal into 1/8" thick slices
- 2 small zucchini (4 c. or 527 gm), cut in halves, each half cut on the diagonal into 1/4" thick slices
- 1 medium yellow summer squash (2 c. or 263 gm), cut in half, each half cut on the diagonal into 1/4" thick slices
- 12 black olives (120 gm)
- Finely grated peel of lemon
- 2 tbsp. lemon juice
- 1/8 tsp. salt
- Freshly ground black pepper to taste

Directions:

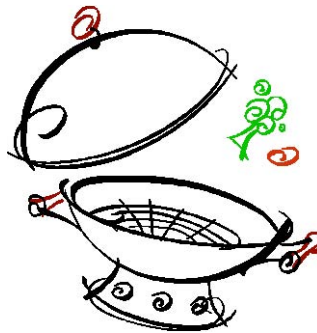
In a large skillet, heat the olive oil over medium heat. Add the carrots and sauté for 3 minutes until almost tender. Add zucchini and yellow squash, sauté for 2 minutes, until the vegetables are tender. Add the olives, lemon peel, lemon juice, salt and pepper. Stir for one minute and serve.

Makes 32 servings (1/4 cup per serving)

Total recipe: 485 mg phe

Per serving: 15 mg phe

Recipe adapted from the *Seattle Times*



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