

Spicy Moroccan Vegetables



- 1 medium onion, chopped (1 cup)
- 1 medium turnip, cut into ¼ inch cubes (1 cup)
- 2 medium carrots, thinly sliced (1 cup)
- 2 Tablespoons olive oil
- 2 teaspoons garlic powder
- 1 ½ teaspoons ground cumin
- ½ teaspoon pepper
- ¼ teaspoon salt
- 1 medium red pepper, seeded, cut into 1 inch chunks (1 cup)
- 1 medium zucchini, thinly sliced (1 cup)
- 1 cup raisins
- 3 Tablespoons snipped fresh parsley



Combine onion, turnip, carrots, oil, garlic, cumin, pepper and salt in 10-inch skillet. Cook over medium-high heat for 6 to 7 minutes, or until vegetables are tender-crisp, stirring occasionally. Stir in red pepper and zucchini. Cook for 2 to 3 minutes, or until tender-crisp. Stir in raisins and parsley. Cook for 2 to 3 minutes, or until hot.

Per recipe: 300 mg phe
Per ¼ cup serving: 13 mg phe



Cristine M. Trahms Program for Phenylketonuria
University of Washington - CHDD - Box 357920, Seattle, WA 98195

(206) 598-1800, Toll Free in Washington State 877-685-3015
<http://depts.washington.edu/pku>