

Souper Season of Comfort, Winter 2001

Appetizers

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Broiled Mixed Vegetables

Hello. Here's some more fruit and vegetable news that you can really enjoy. Recently, new vegetable combinations have hit the frozen section at your grocery store like this Italian mix. Try broiling them to create a fragrant indoor barbecue, using a regular broiling pan like this. First you shake the vegetables in a large plastic bag with 2 teaspoons olive oil, a dash of salt, black pepper, and dried rosemary to taste. I then place the vegetables on a grill rack 4 inches from the broiler. In just 6 minutes you have a warm and delicious side dish. It's an easy way to add real variety to your meal, and take the "freeze" out of winter. ½ cup is one vegetable serving, but I usually serve 3 servings per person. So, go on, do yourself a flavor. Enjoy your 5 or more servings of fruits and vegetables every day.

Broiled Mixed Vegetables

Serves 4-6

Provides 2-3 vegetable servings per person

- 1 2-pound package frozen mixed vegetables of your choice (6 cups)
- 2 teaspoons olive oil
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon rosemary

1. Preheat the broiler. Place a rack with very small open squares on a broiler pan or baking sheet.
2. Place the frozen vegetables, oil, salt, pepper, and rosemary in a plastic bag. Shake to coat the vegetables with the oil and seasonings. Spread on the broiler rack.
3. Broil 6 minutes 4 inches from the heat source.

Nutritional Analysis

148 calories
2 g fat
14% calories from fat
0 g saturated fat
0% calories from saturated fat
23 g carbohydrates
255 mg sodium
5 g dietary fiber