

Farmhouse
TO
Your
House

A Novo Nordisk-Sponsored Program



Sautéed Vegetables

*"We are passionate about improving the health of our planet, our communities, and ourselves through better eating—
and having fun while doing it."*

—Chef Nick Wallace



Sautéed Vegetables

by Chef Nick Wallace

Servings: 8 • Prep Time: 10 minutes • Total Time: 12 minutes

INGREDIENTS

- 3 large carrots, peeled, halved lengthwise, then cut on diagonal into ¼-inch-thick slices
- 1 tablespoon olive oil
- 6 cloves garlic, chopped
- 1½ tablespoons chopped fresh tarragon
- 1 tablespoon chopped fresh thyme
- 4 large red bell peppers, cut lengthwise into ½-inch-wide strips
- 4 large zucchinis, halved lengthwise, then cut on diagonal into ½-inch slices
- 4 large yellow crookneck squashes, halved lengthwise, then cut on diagonal into ½-inch-thick slices
- 1 tablespoon butter

DIRECTIONS

1. Cook carrots in pot of salted, boiling water until crisp-tender, about 4 minutes. Drain.
2. Heat oil in large pot over medium-high heat.
3. Add garlic, tarragon, and thyme; sauté about 30 seconds.
4. Add carrots and remaining vegetables; sauté until just tender, tossing often, about 6 minutes.
5. Sprinkle with salt and pepper.

TIP: Blanch carrots and cut up other vegetables a day ahead and chill them in a plastic bag overnight.