



# Sautéed Veggies

Servings per recipe: 6 servings  
Serving size: ½ cup prepared vegetables

[kideatscooking.org](http://kideatscooking.org)

## Ingredients

- 10 okra (sliced)
- 2 yellow squash, medium (sliced)
- 2 ears of corn – or use canned or frozen corn
- ½ onion (chopped)
- 1 tomato (diced)
- 1 teaspoon** vegetable oil
- ½ teaspoon** salt

## Tools

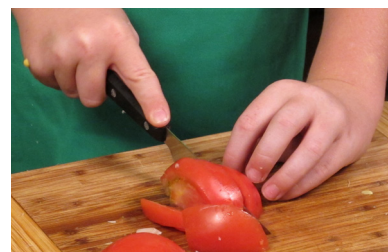
- 1 large skillet
- 1 wooden spoon (to stir ingredients in skillet)
- 1 set of measuring spoons

## Directions

*Wash hands and make sure utensils and countertops are clean.*

1. Slice squash, okra, or other chosen vegetables into small but not tiny pieces.
2. If using fresh corn-on-the-cob, have an adult or experienced slicer remove the kernels.
3. Slice onions
4. Slice tomatoes
5. In a large skillet over medium heat, cook oil, onion, corn, squash, and okra for 5 minutes.

*Serve and enjoy!*



### Tip:

This dish can be prepared with any of your favorite vegetables!

### Nutritional Analysis (per serving)

Calories: 62.7 kcal  
Fat: 1.5 g  
Saturated  
Monounsaturated  
Carbohydrates: 11.9 g  
Fiber: 2.5 g  
Sugar: 5.2 g  
Protein: 2.7 g

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