

Vegetable Mélange



Makes:

6 servings as a side-dish

Utensil:

Saladmaster Food Processor
3 Qt./2.8 L Sauce Pan with Cover

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Recipe:

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- 1 cup
broccoli florets
(71 g)
- $\frac{3}{4}$ cup
baby carrots
(96 g)
- $\frac{1}{2}$ cup
sugar peas
(32 g)
- 1 red, yellow or green bell pepper, cut into 1-inch pieces

Directions:

1. Rinse broccoli and carrots well; do not dry. Place in sauce pan, cover and place heat on medium. When Vapo-Valve™ clocks reduce heat to low and cook for approximately 7 minutes.
2. Rinse peas, peppers and mushrooms well; do not dry. add to sauce pan and increase heat to medium. cover again and when Vapo-Valve™ clocks reduce heat to low and cook for approximately 5 - 6 minutes, until vegetables are crisp-tender. Drain if necessary.
3. Spoon hot rice onto serving platter and top with vegetables. Sprinkle cheddar cheese over vegetables and cover with the warm sauce pan. Let stand about 3 minutes until cheese melts. Or place in oven under broiler until cheese melts.
4. Sprinkle top with feta cheese and serve.

[Nutritional Information per](#)

▼ Serving

Calories: 138
Total Fat: 5g
Saturated Fat: 3g
Cholesterol: 17mg
Sodium: 159mg
Total 15g
Carbs:
Dietary Fiber: 2g

Sugar: 2g
Protein: 6g
