

Vegetable Mélange



Makes:

6 servings as a side-dish

Utensil:

Saladmaster Food Processor

3 Qt./2.8 L Sauce Pan with Cover

Rate Recipe:

Select rating Give Vegetable Mélange 1/5 Give Vegetable Mélange

2/5 Give Vegetable Mélange 3/5 Give Vegetable Mélange 4/5

Give Vegetable Mélange 5/5

[Write a Review](#)

1

cup

broccoli florets

(71

g)

³/₄

cup

baby carrots

(96

g)

¹/₂

cup

sugar peas

(32

g)

1

red, yellow or green bell pepper, cut into 1-inch pieces

4

ounces

mushrooms, washed and trimmed

(113

g)

1 ¹/₂

cups

brown rice, cooked

(293

g) ¹?₂

cup

cheddar cheese, low-fat, shredded, use Cone #1

(57

g) ¹?₃

cup

feta cheese, crumbled

(50

g)

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 Carbs:

15g

Dietary Fiber:

2g

Sugar:

2g

Protein:

6g