

Vegetables in Creamy Garlic Sauce



Makes:

4 - 6 servings

Utensil:

Saladmaster Food Processor
3 Qt./2.8 L Sauce Pan with Cover
8" Chef's Gourmet Skillet
medium mixing bowl

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Recipe:

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$\frac{3}{4}$ cup
baby carrots or 2 carrots, sliced, use Cone #4
(96 g)
1 red or green bell pepper, seeded, cut into $\frac{3}{4}$ -inch (1.9-cm) pieces
1 cup
asparagus pieces, spears sliced in 1-inch (2.5-cm) pieces
(134 g)
1 cup
broccoli florets
(71 g)
1 cup
cauliflower florets
(71 g)
4 garlic cloves, shredded, use Cone #1
 $\frac{1}{3}$ cup
mayonnaise, fat-free
(80 g)
 $\frac{1}{3}$ cup
milk, skim or low-fat
(80 mL)
2 tablespoons
fresh parsley, finely chopped
(8 g)

Directions:

1. Place sauce pan over medium heat. Rinse carrots, pepper, asparagus, broccoli and cauliflower thoroughly. Do not dry. When several drops of water sprinkled on pan skitter and dissipate, add vegetables and cover.
2. When Vapo-Valve™ clicks, reduce heat to low and cook

- approximately 9 - 12 minutes or until vegetables are crisp-tender. Remove, strain liquids if necessary, and place in medium bowl.
3. In skillet over medium heat, add garlic and stir-fry until brown/translucent. Remove from heat and add mayonnaise and milk. Stir to blend.
 4. Add mixture to vegetables and toss to coat evenly. Sprinkle with parsley and serve hot.

Nutritional Information per

▼ Serving

Calories: 47
Total Fat: 1g
Saturated Fat: 0g
Cholesterol: 2mg
Sodium: 142mg
Total 10g
Carbs:
Dietary Fiber: 3g
Sugar: 5g
Protein: 2g