

Granite State Autumn Medley

*Second Place winner/ High School Category

INGREDIENTS:

1 tbs olive oil 3 oz of onion, finely diced
5 oz carrots, small dice
4 oz of pumpkin
4 oz. butternut squash
3 ½ oz zucchini,
4 oz of green bell pepper, small dice
2 clove crushed garlic
3 oz tomatoes, chopped
3 whole green pepper
Black pepper to taste
Minced fresh thyme and rosemary to taste
6 sprigs parsley

DIRECTIONS:

Heat oil in medium saute pan. Add onions, carrots, squash and pumpkin carrots and cook for 3-4 minutes.
Add zucchini, diced peppers, tomatoes and garlic. Continue to cook until vegetables are fork tender, about 7-10 minutes.

Season the vegetables with salt and pepper to taste.
Split whole peppers in half lengthwise, remove seeds and pith
Lightly char over gas broiler
Arrange pepper on plate, fill with squash mixture and garnish with parsley sprig

Calories per portion: 100
Sodium per portion: 70 mg
Fat per portion: 3 grams
Cost per portion: .32

