

July 2006 Recipe of the Month: **Summer Skillet Vegetables**

- 1 ½ teaspoons olive oil
- ½ small red onion, chopped
- ½ cup fresh or frozen corn
- ½ small yellow bell pepper, chopped
- ½ cup fresh or frozen and thawed sugar snap peas
- 1 teaspoon finely chopped fresh thyme or ½ teaspoon dried thyme
- ¼ teaspoon salt (optional)
- ¼ teaspoon cracked black pepper
- ½ pint cherry or pear tomatoes, halved
- ½ medium cucumber, peeled, seeded, and cut into ¾" pieces
- ½ teaspoon grated lemon peel

Heat the oil in a large nonstick skillet over medium heat.

Add the onion and cook, stirring occasionally, for 3 minutes. Add the corn, bell pepper, snap peas, thyme, salt, and black pepper and cook, stirring occasionally, for 5 minutes.

Add the tomatoes, cucumber, and lemon peel and cook, stirring occasionally, for 5 minutes, or until the vegetables are tender.

Makes 4 servings.

Per serving with salt: 65 calories, 2 grams fat, 11 grams carbohydrate, 234 mg sodium, 0 mg cholesterol, 2 grams fiber

Adapted from *Dr. Shapiro's Picture Perfect Weight Loss Cookbook*, available at Barnes & Noble.

After preparing this quick, easy, and delicious recipe, it'll be undeniable that summer is here. Visually this dish exudes the richness and beauty of summer. These colors, by the way, reflect the abundance of heart healthy nutrients that vegetables contain. Eating ample vegetables, particularly the nonstarchy ones, is one of the best ways to manage your weight. Enjoy the fresh tastes of summer!

Your Partners in Health,
Candace and Laura