

## Buttery Citrus Sauteed Vegetables

**PREP TIME:** 15 minutes  
**COOK TIME:** 10 minutes  
**MAKES:** 4 servings

### WHAT YOU NEED

- 1-1/2 lbs. your favorite vegetables (red onions, zucchini, asparagus, bell peppers), coarsely chopped
- 3 Tbsp. Shedd's Spread Country Crock® Spread
- 1/4 cup loosely packed flat-leaf parsley, chopped (optional)
- 1 clove garlic, finely chopped
- 1/2 tsp. grated lemon peel

### MAKE IT

1. Heat Shedd's Spread Country Crock® Spread in 12-inch non-stick skillet; cook vegetables until tender-crisp.
2. Combine parsley, garlic and lemon peel in small bowl; evenly sprinkle over vegetables in skillet; cook 1 minute longer.

See nutrition information for saturated fat content.



### Nutrition Information per serving:

Calories 100, Calories From Fat 50, Saturated Fat 1.5g, Trans Fat 0g, Total Fat 6g, Cholesterol 0mg, Sodium 85mg, Total Carbohydrate 10g, Sugars 5g, Dietary Fiber 3g, Protein 3g, Vitamin A 60%, Vitamin C 150%, Calcium 4%, Iron 10%