

Sesame Vegetable Medley

A quick and tasty accompaniment to any menu!

Serves 4

1 c. each baby carrots, broccoli florets and sliced onions
1 c. sliced zucchini (1/2 inch thick)
1 tsp. crushed garlic
2 Tbs. butter (not margarine), *divided*
2 tsp. sesame seeds, toasted
1/8 tsp. salt
1/8 tsp. pepper

In a medium saucepan, sauté onion in 1 Tbs. butter until edges begin to brown. Add 1/3 c. water along with carrots, broccoli and garlic. Simmer until vegetables are crisp tender. Add zucchini and cook for 3 to 4 more minutes, until zucchini slices are tender. Drain. Stir in the butter, sesame seeds, salt and pepper.