



## Easy Veggie Sauté

Looking for an easy veggie side dish recipe to add to your weekly repertoire? This one is easy, tasty and nutritious! This comes together in about 10 minutes and is an easy way to add extra fibre to any meal, as well a beautiful pop of colour! Hint: the more colours you see in your meal, the more variety of nutrients!

Recipe makes x 6 servings

Prep time: 5 minutes

Cook time: 10 minutes



### INGREDIENTS

2 cups kale, destemmed and roughly chopped  
2 cups frozen corn  
2 cups frozen peas  
2 cups frozen edamame  
2 cloves garlic, minced (can also use jarred minced garlic)  
Salt and pepper to taste  
Olive oil or canola oil for sautéing

### INSTRUCTIONS

1. In a large pan over medium-high heat, add the oil and frozen veggies. Sauté about 5 minutes, then add the garlic.
2. Once garlic becomes fragrant, add the kale and sauté for another 5 minutes or until the kale turns a brighter green and softens slightly.
3. Season to taste with salt and pepper

Tip: For more tender kale, massage with a sprinkle of salt and 1 tsp lemon juice and let sit for a few minutes before sautéing.

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