

Lemon-Pepper Vegetables

Eating fresh, healthy foods does not have to be difficult. Using lemon pepper seasoning is an easy way to add flavor to quick sautéed or stir-fried vegetables.

- 1 teaspoon vegetable oil
- 1 small red bell pepper, cut into 1/4-inch slices
- 1 small celery stalk, cut diagonally into slices
- 3 green onions, cut into 1-inch pieces
- 1 tablespoon lemon juice
- 1/4 teaspoon lemon pepper
- 6 ounces fresh snow (Chinese) pea pods

1. Heat 10-inch skillet or wok over medium-high heat. Add oil; rotate skillet to coat side.
2. Add bell pepper, celery and onions; stir-fry about 2 minutes or until bell pepper is crisp-tender. Stir in lemon juice, lemon pepper and pea pods; cook and stir about 1 minute or until pea pods are crisp-tender.

Per Serving: Calories 35 (Calories from Fat 10); Total Fat 1g (Saturated Fat 0g); Cholesterol 0mg; Sodium 5mg; Total Carbohydrate 8g (Dietary Fiber 2 g); Protein 1g

Percent Daily Value*: Vitamin A 18%; Vitamin C 34%; Calcium 2 %; Iron 4 %

Exchanges: 1 1/4 Vegetable

*Percent Daily Values are based on a 2,000-calorie diet.

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