

No Fat Veggies

Cooking vegetables doesn't have to be bland to be healthy. Here's what you'll need to make this tasty side dish: Sauteed Peas and Carrots. $\frac{3}{4}$ cup Vegetable Stock, $\frac{1}{8}$ teaspoon of Turmeric, $\frac{1}{2}$ tablespoon of Balsamic Vinegar, $\frac{1}{8}$ teaspoon Arrowroot Powder, and 2 cups Peas and Carrots.

First, simmer $\frac{3}{4}$ cup of vegetable stock in a saucepan. Add an 8th teaspoon of turmeric to the stock. Add $\frac{1}{2}$ tablespoon of balsamic vinegar. Now stir in $\frac{1}{8}$ teaspoon of arrowroot powder to the vegetable stock to thicken the sauce. Be sure to whisk three tablespoons of water with the arrowroot powder to avoid clumping.

Add your veggies to the sauce and sauteed until tender. Plate your veggies and finish with a sprinkle of parsley on top. For more Heart Healthy recipes go to heart.org.