



Recipes

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Primavera Vegetables

Serves 1

Ingredients:

- 1/4 cup Zucchini , medium dice
- 1/4 cup Yellow Squash , medium dice
- 1 Tbsp. Roma Tomato , small dice
- 1 tsp. Fresh Garlic , minced

Directions:

1. Using a minimal amount of pan spray, sauté all ingredients over medium-high heat for five minutes.
2. Reserve hot.