

Steamed Vegetables – Vegan – SOS

Prep Time: 5 minutes
Cook Time: 10 minutes
Total Time: 15 minutes

Serving Size: 2
Calories per serving: 264
Fat per serving: 0

Ingredients

- 1 cup water
- 4 small potatoes, diced
- 1 zucchini, sliced
- 2 large carrots, sliced
- 1/2 cup cauliflower florets
- 1/2 cup broccoli florets
- 1 cup mushrooms, sliced
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Instructions

1. Place water in a steamer basket, with potatoes and carrots, and steam for 5 minutes.
2. Add the zucchini, cauliflower, broccoli and mushrooms to the basket, and steam for another 3-5 minutes.
3. Top with balsamic vinegar or another dressing.

Notes

Nutrition facts (per serving): Calories: 264, from fat: 0, total fat: 0g, cholesterol: 0mg, sodium: 68mg, total carbohydrate: 54g, fiber: 8g, sugar: 2g, protein: 12g.