

Vegetable Medley

Ingredients

- 1/4 cup corn oil
- 2 cups broccoli flowerets
- 2 cups cauliflowerets
- 1 cup sliced carrots
- 1 cup sliced celery
- 1 tsp dried dill weed
- 1 tsp dry mustard
- 1/2 tsp salt
- 1/4 cup toasted almond slices

Instructions

1. In a saucepan or large skillet, heat corn oil over medium high heat.
2. Add broccoli, cauliflower, carrots, celery, dill weed, mustard, and salt.
3. Stir-fry 10 minutes or until tender-crisp.
4. Just before serving, sprinkle with almonds.

Makes 8 servings.

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