

Makes: 1 servings



### Ingredients:

- ♥ 2 oz. broccoli
- ♥ 1 oz. baby carrots
- ♥ 1 tsp. extra virgin olive oil
- ♥ ½ tsp. thyme

### PREPARATION:

1. Trim and blanch the broccoli.
2. Blanch the baby carrots.
3. Heat oil in sauté pan.
4. Add broccoli, carrots, and thyme. Cook for 2-3 minutes.
5. Check seasoning and serve.

| Nutrition Facts  |                      |
|--|----------------------|
| Serving Size: 1 serving (33.4g)                          |                      |
| Servings: 1  |                      |
| Amount Per Serving                                       |                      |
| Calories 70  | Calories from Fat 40 |
| % Daily Value*   |                      |
| Total Fat 4.5g   | 7%                   |
| Saturated Fat 0.5g                                       | 3%                   |
| Trans Fat 0g   |                      |
| Cholesterol 0mg  | 0%                   |
| Sodium 40mg  | 2%                   |
| Total Carbohydrate 6g                                    | 2%                   |
| Dietary Fiber 2g   | 6%                   |
| Sugars 1g  |                      |
| Protein 2g   |                      |
| Vitamin A 80%  | • Vitamin C 2%       |
| Calcium 2%   | • Iron 2%            |
| *Percent Daily Values are based on a 2,000 calorie diet. |                      |

