Ingredients
2 Tablespoons fresh lime juice
½ Tablespoon olive oil
½ teaspoon fresh, chopped oregano
4 cups sliced, steamed mixed vegetables such as zucchini, corn, and tomatoes

Instructions
1. Slice vegetables and steam in a small amount of water.
2. Drain and place in a bowl to cool.
3. Mix lime juice with oil and then add oregano.
4. Pour lime juice mixture over cool vegetables and mix well.
5. Serve.
Nutrition information:
Calories: 140
Carbohydrate: 24 gm
Fiber: 8 gm
Fat: 2 gm
Protein: 5 gm
Cholesterol: 0 mg
Sodium: 65 mg

For more information, contact your county WVU Extension office or go to www.ext.wvu.edu.

Food Safety First

Store fruits and vegetables in the refrigerator above meat and other foods to prevent cross-contamination. Cross-contamination is the transfer of bacteria, viruses, molds, and fungi from one surface or food to another. This can cause foodborne illness.

Remember

Always wash your hands before preparing or eating produce. To properly wash your hands, use warm running water, lather with soap for 20 seconds, and dry hands with a clean paper towel or hand towel. Use the towel to turn off the tap. This prevents bacteria that you transferred to the tap handle when turning on the water from recontaminating your hands.

www.ext.wvu.edu
Equal Opportunity Employer

Farmers Market Fun Family Recipes is a program of WVU Extension Service