

Texas Vegetable Confetti



COMMISSIONER TODD STAPLES
TEXAS DEPARTMENT OF AGRICULTURE

GO TEXAN.

Serves 4-6

- 1 Medium Texas carrot, peeled
 - ½ Large Red bell pepper
 - 1 Medium Texas zucchini
 - 1 Medium Texas yellow squash
 - 4 Ounces Fresh Texas green beans, cut into ¼ to ½-inch pieces
 - 1 Ear Texas corn, shucked and silks removed, and kernels cut from the cob
 - 3 Texas green onions, thinly sliced
 - 2 T. Unsalted butter
- Salt and pepper to taste
Garnish with minced Texas cilantro, or parsley if desired



Dice carrot, red bell pepper, zucchini and yellow squash into ¼ to ½-inch cubes. Combine with the remaining vegetables. In a large skillet or sauté pan, melt the butter over medium high heat. Add vegetables and cook, stirring often, until the vegetables are tender-crisp, about 7-8 minutes. Season with salt and pepper, garnish with fresh herbs and serve immediately.



Recipe provided by Molly Fowler, The Dining Diva