

Breakfast Vegetable Medley

Ingredients:

½ cup onion, chopped	1 small zucchini, cut in half and thinly sliced
3 cloves garlic, minced	
2 lbs. red potatoes, chopped	1 small yellow squash, cut in half and thinly sliced
1-1/2 cups corn, cut from 3 ears	1-1/2 cups vegetable broth
½ cup red bell pepper, chopped	1/4 cup fresh parsley, chopped
1/3 cup sunflower seeds	1/4 cup fresh basil, chopped
1 cup grape tomatoes, cut in half	Salt and ground black pepper to taste

Instructions:

1. In a large skillet sauté onion, garlic and bell pepper for 3 to 4 minutes. Add the broth one Tbsp. at a time to prevent sticking.
2. Add the diced potatoes and 1 cup of the broth. Cover and cook 10 to 15 minutes until potatoes are almost tender.
3. Add corn, yellow squash, zucchini and the remaining broth. Cook 5 to 7 minutes or until done to desired tenderness.
4. Stir in sunflower seeds, parsley, basil and tomatoes. Cook an additional 1 to 2 minutes until heated through.
5. Salt and pepper to taste.

Takes 45 minutes prep and cook time. Makes approximately 9 cups. A colorful and tasty dish.