



Citrus Vegetables

Makes: 4 servings

Put a new twist on classic mixed vegetables with a splash of lime juice, some olive oil, and fresh oregano.

Ingredients

2 tablespoons lime juice (fresh)

1/2 tablespoon olive oil

1/2 teaspoon oregano (fresh, chopped)

4 cups mixed vegetables, sliced and steamed (such as zucchini, corn, and tomatoes)

Directions

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. Add oregano and combine.

Nutrition Information

Nutrients	Amount
Calories	140
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	0
Sodium	65 mg
Total Carbohydrate	24 g
Dietary Fiber	8 g
Total Sugars	6 g
Added Sugars included	N/A
Protein	5 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

4. Pour lime juice mixture over cool vegetables and mix well.

5. Serve.

Notes

Learn more about:

- [Citrus Fruits](#)
- [Zucchini/Summer Squash](#)
- [Corn](#)
- [Tomatoes](#)

Source: National Cancer Institute (NCI), 5-A-Day Web site