

# Recipes Using Foods in Your Pantry



Make the most of your pantry foods with easy, tasty recipes families love using common ingredients.



## Easy Sautéed Vegetables

Serves 2

### Ingredients:

- Nonstick cooking spray
- 2 cup raw vegetables such as carrots, zucchini, summer squash, or bell peppers, roughly chopped; or 1 can (14-15 ounces) vegetables, such as carrots, green beans, or corn, drained and rinsed
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

### Instructions:

1. Add nonstick cooking spray to medium-sized skillet.
2. Heat pan over medium heat.
3. Add vegetables and seasonings to skillet.
4. Stir frequently until vegetables are tender, about 5-10 minutes. For canned vegetables, cook until vegetables are hot.

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