

Serves 4

Stir Fry Vegetables With Sofrito

- 1 tablespoon canola oil
- 1 cup batatas or sweet potatoes, fresh, sliced
- 1/2 cup calabaza or winter squash, fresh, sliced
- 1/2 cup red pepper, sliced
- 1/2 cup green bell pepper, sliced
- 1 cup zucchini or other summer squash, fresh, sliced
- 1/2 cup rosita or eggplant, fresh, sliced
- 1 medium tomato, fresh, chopped
- 2 tablespoons Sofrito

Hints:

- Serve over rice or pasta for a main dish or as a side dish with meat, fish or chicken.
- A good source of vitamins A and C.

1. Wash vegetables. Peel batatas, calabaza, and rosita. Slice all vegetables.
2. In large fry pan, heat oil. Add batatas and cook until slightly softened.
3. Add calabaza and cook until slightly softened.
4. Add red and green peppers, then zucchini, then eggplant, then tomato, then Sofrito.
5. Cook in covered pan for 4-5 minutes until tender. If needed, add a small amount of water to keep vegetables from sticking to pan.

Nutrition Facts: Serving size: about 1/2 cup; Calories: 110; Fruits and Vegetables: 2; Fat: 5 g; Fiber: 3 g

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