



Spring Baby-Vegetable Toss*

prep time:
15 minutes

cook time:
12 minutes

makes 6 servings

grocery list

fresh baby zucchini
yellow pattypan squash
baby carrots (with greens on top)
purple cauliflower
grape tomatoes
yellow pear tomatoes
shallots
Enova Oil
fresh flat-leaf parsley
La Baleine Sea Salt
Morton & Bassett Whole Black Peppercorns

*Exclusive Chef Faith Alahverdian recipe.

spring baby-vegetable toss

- 4 fresh baby zucchini, quartered
- 6 yellow pattypan squash, halved
- 12 baby carrots
- 1 small head purple cauliflower, cut into florets
- 1 cup halved grape tomatoes
- 1 cup halved yellow pear tomatoes
- 3 tbsp. **Enova Oil**
- 2 shallots, minced
- 2 tbsp. chopped fresh flat-leaf parsley

La Baleine Sea Salt

Freshly ground **Morton & Bassett Whole Black Peppercorns**

1. Bring water to boiling in large saucepan. Blanch zucchini, pattypan squash, carrots and cauliflower, each in individual batches. Place batch in the pot of boiling water 1 to 2 minutes. Plunge immediately into ice water. Either continue with recipe or place blanched vegetable in refrigerator up to 24 hours.
2. Heat **Enova Oil** in large sauté pan over medium heat 1 minute. Add shallots, cook and stir until translucent, about 3 minutes. Add all blanched vegetables, except tomatoes. Sauté until hot, about 2 to 3 minutes, adding tomatoes during last minute of cooking.
3. Sprinkle with chopped parsley. Season with sea salt and freshly ground pepper to taste. Serve immediately.

Per Serving: 91 calories, 5g carbohydrate, 2g protein, 7g fat, 0g saturated fat, 2g fiber, 0mg cholesterol, 20mg sodium

cook's journal

kitchen tools

- cutting board
- chef's knife
- measuring cups
- measuring spoons
- large saucepan
- large bowl
- large sauté pan
- heatproof spoon or spatula

recipe note

Shallots look like garlic, but they are favored for their mild onion flavor in recipes.

a good idea

Fresh shallots are available in the spring. But, like garlic and onions, dry-skinned shallots are available year-round.

