

Basic Vegetable Sauté

1-2 Tablespoons olive oil

1 large onion, thinly sliced

2 cloves garlic, minced

1 red pepper, thinly sliced

? pound mushrooms

Salt and pepper to taste

? cup dry sherry (optional)

1-2 tablespoons plain, non-fat yogurt (optional)

Herbs as desired: A few Tablespoons chopped fresh basil, oregano or rosemary, or 1 teaspoon dried.

This combination of vegetables is just one suggestion. Green peppers, peapods, snap peas, slim carrot sticks, scallions, leeks, eggplant cubes, cherry tomatoes, anything works. If you use broccoli or cauliflower, it's best to microwave them for 2 minutes first. I use Vegetable Sauté as a side vegetable dish, or as a main dish with brown rice, quinoa or pasta.

Sauté the onion and garlic until the onion is wilted, 5 minutes. Add red pepper and saute 5 minutes more. Add the mushrooms. Sauté 5 - 10 minutes, until the mushrooms "give up" their juice. Saute over medium heat, letting the liquid boil down, another 5 - 10 minutes, depending on the firmness you like. Add salt, pepper and herbs. If desired add sherry for rich taste at the end. Boil briefly over high heat to burn off the alcohol. Stir in 1 - 2 tablespoons of yogurt if you want a creamy consistency once it's slightly cooled. Serves 2 - 4.