

Featuring Tennessee Gourmet® Products

© 2006

Vegetable Medley

½ cup julienne carrots
½ cup sugar snap peas
½ cup sliced red bell pepper
½ cup thinly, sliced yellow onion
½ cup sliced shitake mushrooms
¼ cup Tennessee Gourmet® Sensual, Salad Dressing Plus
Kosher salt and fresh ground black pepper
1 teaspoon sesame seeds, toasted

Bring a medium saucepan half-filled with salted water to a boil. Add the carrots and cook for 2 minutes. Add the sugar peas and cook an additional 2 minutes. Drain into a colander, then shock the vegetables in an ice bath, to stop the cooking process and to retain the color. Drain and reserve.

Over medium heat, add the Salad Dressing plus to a large skillet and bring to a boil. Add all the vegetables and sauté for 2 to 3 minutes stirring frequently. Season to taste with salt and pepper; garnish with sesame seeds.