

## Spicy Moroccan Vegetables



- 1 medium onion, chopped (1 cup)
- 1 medium turnip, cut into  $\frac{1}{4}$  inch cubes (1 cup)
- 2 medium carrots, thinly sliced (1 cup)
- 2 Tablespoons olive oil
- 2 teaspoons garlic powder
- 1  $\frac{1}{2}$  teaspoons ground cumin
- $\frac{1}{2}$  teaspoon pepper
- $\frac{1}{4}$  teaspoon salt
- 1 medium red pepper, seeded, cut into 1 inch chunks (1 cup)
- 1 medium zucchini, thinly sliced (1 cup)
- 1 cup raisins
- 3 Tablespoons snipped fresh parsley



Combine onion, turnip, carrots, oil, garlic, cumin, pepper and salt in 10-inch skillet. Cook over medium-high heat for 6 to 7 minutes, or until vegetables are tender-crisp, stirring occasionally. Stir in red pepper and zucchini. Cook for 2 to 3 minutes, or until tender-crisp. Stir in raisins and parsley. Cook for 2 to 3 minutes, or until hot.

Per recipe: 300 mg phe  
Per  $\frac{1}{4}$  cup serving: 13 mg phe

