



## Steamed Veggies

**Makes:** 2 Servings

**Prep Time:** 10 minutes

**Cook Time:** 6 minutes



### Ingredients

- ½ cup sweet potato, diced
- 1 cup carrots, diced
- ¾ cup red pepper, chopped
- 1 cup Portobello mushroom, sliced
- ¼ cup bread crumbs
- 1 tablespoon parsley
- 1 tablespoon **Benecol® Regular Spread**

### Preparation

1. Bring ½ cup of water to a simmer in a medium pan and add the carrots and sweet potatoes. Cover and steam 2 minutes. Add the red peppers and mushroom and steam for another 4 minutes.
2. Drain water and toss vegetables with Benecol®. Sprinkle with bread crumbs and garnish with parsley. Enjoy warm.