

Vegetable Medley

Ingredients

2 medium carrots, peeled and julienne
½ cup of chicken stock
1 tbsp unsalted butter
1 yellow squash, julienne
2 oz red bell pepper, julienne
Vegetable seasoning

Method

Place all ingredients into convectionware and stir to combine.

Secure the lid on the convectionware and place in a 450 degree oven for 15 minutes.
(12 minutes al dente)