*Maritime Hodgepodge*

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This traditional recipe from the Maritimes is a tasty way to eat more veggies.

Ingredients:

* 12 baby new potatoes, cut in half
* 250ml (1 cup) thickly sliced carrots or baby-cut carrots
* 500ml (2 cups) broccoli florets
* 250ml (1 cup) sugar snap peas, snow beans, or green beans, trimmed
* 125ml (1/2 cup) frozen green peas
* 15ml (1 Tbsp.) vegetable oil
* 1 small onion, finely chopped
* 2ml (1/2 tsp.) dried tarragon, savory, or thyme
* Pepper
* 30ml (2 Tbsp.) all-purpose flour
* 375ml (1 ½ cups) 1% milk, heated
* 10ml (2 tsp) Dijon or dry mustard
* 30ml (2 Tbsp) chopped fresh basil or dill (optional)

Directions:

1. Put potatoes and carrots in a large pot.
2. Add enough cold water to pot to cover the potatoes and carrots by 5cm (2 inches). Cover pot with lid.
3. Turn burner to high until water is boiling.
4. Once water is boiling, uncover and reduce heat to medium-high.
5. Boil for 10 minutes. Potatoes will be almost tender.
6. Add broccoli, sugar snap peas, and green peas to the pot.
7. Boil for 3 more minutes. Vegetables will be tender but still crisp.
8. Drain water from the vegetables.
9. Set the vegetables and potatoes aside in a bowl for now.
10. Add vegetable oil to pot. Warm over medium heat.
11. Add onion, tarragon and 1ml (1/4tsp) pepper to pot. Fry for 5 minutes or until onions are soft.
12. Add flour and cook for 30 seconds.
13. Slowly add milk and mustard while stirring.
14. Increase to high heat, stir constantly, and bring to a boil.
15. Once boiling, reduce heat to medium
16. Cook for 2 minutes while stirring until sauce is thickened.
17. Remove from heat and shut off burner.
18. Add vegetables to pot with sauce.
19. Add pepper (optional).
20. Serve.