

Summer Squash & White Bean Sauté

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This sauté is endlessly versatile and works well with eggplant, peppers or corn. Serve with: Brown rice or bulgur.

4 servings, about 1 1/4 cups each

Total Time: 30 minutes

Nutrition Profile: Diabetes appropriate | Low calorie | Low cholesterol | Low saturated fat | Heart healthy | Healthy weight | High calcium | High fiber | High potassium | Gluten free |

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 medium onion, halved and sliced
- 2 cloves garlic, minced
- 1 medium zucchini, halved lengthwise and sliced
- 1 medium yellow summer squash, halved lengthwise and sliced
- 1 tablespoon chopped fresh oregano, or 1 teaspoon dried
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1 15- or 19-ounce can cannellini or great northern beans, rinsed
- 2 medium tomatoes, chopped
- 1 tablespoon red-wine vinegar
- 1/3 cup finely shredded Parmesan cheese

Heat oil in a large nonstick skillet over medium heat. Add onion and garlic and cook, stirring, until beginning to soften,

about 3 minutes. Add zucchini, summer squash, oregano, salt and pepper and stir to combine. Reduce heat to low, cover and cook, stirring once, until the vegetables are tender-crisp, 3 to 5 minutes.

Stir in beans, tomatoes and vinegar; increase heat to medium and cook, stirring, until heated through, about 2 minutes. Remove from the heat and stir in Parmesan.

Tips & Notes: Give canned beans a good rinse before adding to a recipe to rid them of some of their sodium (up to 35 percent) or opt for low-sodium or no-salt-added varieties. (These recipes are analyzed with rinsed, regular canned beans.) Or, if you have the time, cook your own beans from scratch.

Nutrition: Per serving: 195 calories; 6 g fat (2 g sat , 4 g mono); 5 mg cholesterol; 25 g carbohydrates; 11 g protein; 8 g fiber; 600 mg sodium; 726 mg potassium. **Nutrition Bonus:** Vitamin C (50% daily value), Folate & Potassium (21% dv), Calcium, Magnesium & Vitamin A (15% dv)

Carbohydrate Servings: 1

Exchanges: 1 starch, 2 vegetable, 1 plant-based protein, 1 fat

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