



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Braised Green Beans & Vegetables

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 small onion, halved and sliced
- 1 tablespoon finely chopped fresh oregano, or 1 teaspoon dried
- 1/2 cup white wine, or reduced-sodium chicken broth
- 1 pound green beans, trimmed
- 1 medium summer squash, or zucchini, halved and cut into 1-inch pieces
- 1 cup halved cherry tomatoes, or grape tomatoes
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1/4 cup finely shredded Parmesan cheese

Directions

1. Heat oil in a large skillet over medium heat.
2. Add onion and oregano and cook, stirring, until softened and beginning to brown, about 2 minutes.
3. Add wine (or broth) and bring to a boil.
4. Add green beans, reduce heat to a simmer, cover and cook for 10 minutes, stirring once or twice.
5. Add summer squash (or zucchini) and tomatoes and continue cooking until the vegetables are tender, 8 to 10 minutes more.
6. Season with salt and pepper. Serve sprinkled with Parmesan.

Serves 6

92 calories, 4 g fat, 1 g saturated fat, 10 g carbohydrate, 3 g fiber, 3 g protein, 158 mg sodium

Source: Million Hearts

